

# October Breakfast



| Monday                                                                                                                                                     |  | Tuesday                                                                                                              |  | Wednesday                                                                                                        |  | Thursday                                                                                                                                                                 |  | Friday                                                                                               |  |
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|                                                                                                                                                            |  |                                                                                                                      |  |                                                                                                                  |  | 1                                                                                                                                                                        |  | 2                                                                                                    |  |
|                                                                                                                                                            |  |                                                                                                                      |  |                                                                                                                  |  | Croissant w/ Grape Jelly<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Oatmeal w/ Blueberries                                                                              |  | Yogurt w/ Honey Grahams<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Mini Maple Pancakes       |  |
| 5                                                                                                                                                          |  | 6                                                                                                                    |  | 7                                                                                                                |  | 8                                                                                                                                                                        |  | 9                                                                                                    |  |
| Cinnamon Crumble<br>Cheerios Cereal w/ Honey Grahams<br>Waffle<br>Mini Maple Waffles                                                                       |  | Bagel w/ Seedbutter<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Beef Sausage & Cheese<br>Croissant Sandwich   |  | Croissant w/ Grape Jelly<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>French Toast Sticks                 |  | Chocolate Chip Muffin Top<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Oatmeal w/ Blueberries                                                                         |  | Yogurt w/ Honey Grahams<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Mini Maple Pancakes              |  |
| 12                                                                                                                                                         |  | 13                                                                                                                   |  | 14                                                                                                               |  | 15                                                                                                                                                                       |  | 16                                                                                                   |  |
| Bagel w/ Cream Cheese<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>Apple Hand Pie                                                                   |  | Conchita w/ String Cheese<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Egg, Cheese & Green Salsa<br>Breakfast Burrito |  | Banana Muffin<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Mini Strawberry Pancakes                        |  | Berry Apple Zee Zee Bar<br>Cheerios Cereal w/ Honey Grahams<br>Beef Sausage & Cheese English Muffin Sandwich                                                             |  | Strawberry Yogurt Parfait w/ Cinnamon Granola<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Waffle |  |
| 19                                                                                                                                                         |  | 20                                                                                                                   |  | 21                                                                                                               |  | 22                                                                                                                                                                       |  | 23                                                                                                   |  |
| Cinnamon Roll<br>Cinnamon Chex Cereal w/ Honey Grahams<br>French Toast Sticks                                                                              |  | Yogurt w/ String Cheese<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Mini Maple Pancakes                          |  | Fruit & Yogurt Smoothie w/ Granola<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>Egg, Cheese & Green Salsa |  | Yogurt w/ Honey Grahams<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Sausage & Cheese Stuffed Waffle                                                               |  | Blueberry Muffin<br>Cheerios Cereal w/ Honey Grahams<br>Mini Strawberry Pancakes                     |  |
| 26                                                                                                                                                         |  | 27                                                                                                                   |  | 28                                                                                                               |  | 29                                                                                                                                                                       |  | 30                                                                                                   |  |
| Cinnamon Crumble<br>Cheerios Cereal w/ Honey Grahams<br>Waffle                                                                                             |  | Bagel w/ Seedbutter<br>Cocoa Orbits Bites (Chocolate Puffed Cereal)<br>Beef Sausage & Cheese Croissant Sandwich      |  | Croissant w/ Grape Jelly<br>Honey Bunches of Oats Cereal w/ Honey Grahams<br>French Toast Sticks                 |  | Chocolate Chip Muffin Top<br>CinniPuffs (Maple Cinnamon Puffed Cereal)<br>Oatmeal w/ Blueberries                                                                         |  | Yogurt w/ Honey Grahams<br>Cinnamon Chex Cereal w/ Honey Grahams<br>Mini Maple Pancakes              |  |
| <b>Breakfast Includes:</b>                                                                                                                                 |  | <b>Featured Fruit:</b>                                                                                               |  |                                                                                                                  |  | <b>RevUp Rewards:</b>                                                                                                                                                    |  |                                                                                                      |  |
| Choice of 1% Low Fat White or Fat Free White Milk<br>Fruit of the Day<br>Vegetarian<br>*Cereal Served w/ Honey Grahams<br>*All Grains Are Whole Grain Rich |  | Banana (1/2 C),Pear (1/2 C),Apple Slices (1/2 C),Apple (1/2 C),100% Fruit Juice 4 oz,Plum (1/2 C)                    |  |                                                                                                                  |  | Scan Our QR Code Daily<br>Complete the Survey<br><b>You're Entered to Win!</b><br>Drawings Monthly<br>Learn More and See Prizes:<br>www.revolutionfoods.com/revuprewards |  |                                                                                                      |  |
|                                                                                                                                                            |  |                                                                                                                      |  |                                                                                                                  |  |                                                                                     |  |                                                                                                      |  |

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SOCAL Breakfast SBP

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| Choice of 1% Low Fat White or Fat Free White Milk<br>Fruit of the Day<br>Vegetarian<br>*Cereal Served w/ Honey Grahams<br>*All Grains Are Whole Grain Rich                                                                                  |  | Apple (1/2 C),Applesauce Cup (1/2 C)                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                             |  | Scan Our QR Code Daily<br>Complete the Survey<br><b>You're Entered to Win!</b><br>Drawings Monthly<br>Learn More and See Prizes:<br>www.revolutionfoods.com/revuprewards                                                                    |  |                                                                                                                                                                                                                                             |  |
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SOCAL Breakfast SBP Days Off

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SOCAL Snack NSLP