

What's For Breakfast?



All Meals Include:
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta
All Snacks Include:
100 % Fruit Juice or Water

EFCCA

OCTOBER 2022



Monday



Tuesday



Wednesday



Thursday



Friday



3	Corn Flake Chef's Choice Fruit	4	Whole Grain Pancakes Turkey Sausage Links Chef's Choice Fruit	5	Chex Chef's Choice Fruit	6	Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	7	Cheerios Chef's Choice Fruit
---	-----------------------------------	---	---	---	-----------------------------	---	--	---	---------------------------------

10	Chex Chef's Choice Fruit	11	Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	12	Cheerios Chef's Choice Fruit	13	Whole Grain Pancakes Turkey Sausage Patties Chef's Choice Fruit	14	Corn Flake Chef's Choice Fruit
----	-----------------------------	----	--	----	---------------------------------	----	--	----	-----------------------------------

17	Cheerios Chef's Choice Fruit	18	Whole Grain Pancakes Turkey Sausage Links Chef's Choice Fruit	19	Corn Flake Chef's Choice Fruit	20	Whole Grain Waffles Scrambled Cheese Egg Chef's Choice Fruit	21	Chex Chef's Choice Fruit
----	---------------------------------	----	---	----	-----------------------------------	----	--	----	-----------------------------

24	Corn Flake Chef's Choice Fruit	25	Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	26	Chex Chef's Choice Fruit	27	Whole Grain Pancakes Turkey Sausage Patties Chef's Choice Fruit	28	Cheerios Chef's Choice Fruit
----	-----------------------------------	----	--	----	-----------------------------	----	--	----	---------------------------------

31	Chex Chef's Choice Fruit								
----	-----------------------------	--	--	--	--	--	--	--	--