

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
1				
		Strawberry Yogurt Parfait w/ Cinnamon Granola Apple Jacks Cereal w/ Giant Cinnamon Grahams Mini Maple Pancakes	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Croissant Sandwich	Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
2				
3				
4				
5				
6				
7				
8				
9				
10				
No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break
11				
12				
13				
Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich Bagel w/ Cream Cheese	Vanilla Concha Cheerios Cereal w/ Honey Grahams French Toast Sticks	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Cinnamon Roll Cheerios Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
14				
15				
16				
17				
18				
19				
20				
Cinnamon Crumble Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	Chocolate Chip Muffin Top Cheerios Cereal w/ Honey Grahams Sausage & Cheese English Muffin Sandwich	Conchita w/ String Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle	Mantecada Muffin Egg & Turkey Sausage Scramble w/ Potato Wedges & Biscuit Cinnamon Chex Cereal w/ Honey Grahams	Fruit & Yogurt Smoothie w/ Granola Maple Beef Sausage & Pancake Sandwich Cheerios Cereal w/ Honey Grahams
21				
22				
23				
24				
25				
26				
27				
Bagel w/ Cream Cheese Cinnamon Chex Cereal w/ Honey Grahams Maple Beef Sausage & Pancake Sandwich	Vanilla Concha Cheerios Cereal w/ Honey Grahams French Toast Sticks	Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes	Blueberry Muffin Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Cinnamon Roll Cheerios Cereal w/ Honey Grahams Sausage & Cheese Stuffed Waffle
28				
29				
30				
31				
Breakfast Includes:	Featured Fruit:		RevUp Rewards:	
Choice of 1% Low Fat White or Fat Free White Milk Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams *All Grains Are Whole Grain Rich	Apple Slices (1/2 C), Pear (1/2 C), Banana (1/2 C), Apple (1/2 C), 100% Fruit Juice 4 oz, Plum (1/2 C), Applesauce Cup (1/2 C)		Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards	

