

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Croissant w/ Grape Jelly Cinnamon Chex Cereal w/ Honey Grahams Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Maple Pancakes
5	6	7	8	9
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle	Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks	Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal) Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes
12	13	14	15	16
Bagel w/ Cream Cheese Honey Bunches of Oats Cereal w/ Honey Grahams Apple Hand Pie	Conchita w/ String Cheese Cinnamon Chex Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Banana Muffin Cocoa Orbits Bites (Chocolate Puffed Cereal) Mini Strawberry Pancakes	Berry Apple Zee Zee Bar Cheerios Cereal w/ Honey Grahams Beef Sausage & Cheese English Muffin Sandwich	Strawberry Yogurt Parfait w/ Cinnamon Granola CinniPuffs (Maple Cinnamon Puffed Cereal) Waffle
19	20	21	22	23
Cinnamon Roll Cinnamon Chex Cereal w/ Honey Grahams French Toast Sticks	Yogurt w/ String Cheese CinniPuffs (Maple Cinnamon Puffed Cereal) Mini Maple Pancakes	Fruit & Yogurt Smoothie w/ Granola Honey Bunches of Oats Cereal w/ Honey Grahams Egg, Cheese & Green Salsa Breakfast Burrito	Yogurt w/ Honey Grahams Cocoa Orbits Bites (Chocolate Puffed Cereal) Sausage & Cheese Stuffed Waffle	Blueberry Muffin Cheerios Cereal w/ Honey Grahams Mini Strawberry Pancakes
26	27	28	29	30
Cinnamon Crumble Cheerios Cereal w/ Honey Grahams Waffle	Bagel w/ Seedbutter Cocoa Orbits Bites (Chocolate Puffed Cereal) Beef Sausage & Cheese Croissant Sandwich	Croissant w/ Grape Jelly Honey Bunches of Oats Cereal w/ Honey Grahams French Toast Sticks	Chocolate Chip Muffin Top CinniPuffs (Maple Cinnamon Puffed Cereal) Oatmeal w/ Blueberries	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Mini Maple Pancakes

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	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 Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

