

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Eat the Rainbow!	 Choose MyPlate.gov	1 Muffin Fruit	2 Cinnamon Pretzel Fruit	3 MINIMUM DAY Apple Pie Smoothie Granola	4
5	6 Bagel w/ Cream Cheese Fruit	7 Breakfast Burrito Fruit	8 Yogurt & Granola Fruit	9 Cereal Fruit	10 MINIMUM DAY Chocolate Banana Smoothie Granola	11
12	13 Bagel w/ Cream Cheese Fruit	14 Egg Muffinwich Fruit	15 Muffin Fruit	16 Cinnamon Pretzel Fresh Fruit	17 MINIMUM DAY Carrot Cake Smoothie Granola	18
19	20 Bagel w/ Cream Cheese Fruit	21 Breakfast Burrito Fruit	22 Yogurt & Granola Fruit	23 Cereal Fruit	24 MINIMUM DAY Chocolate Banana Smoothie Granola	25
26	27 Bagel w/ Cream Cheese Fruit	28 Egg Muffinwich Fruit	29 Muffin Fruit	30 Cinnamon Pretzel Fresh Fruit	31 MINIMUM DAY Pumpkin Pie Smoothie Granola	

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Menu subject to change without prior notice