

OCTOBER 2014

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

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Menu subject to change without prior notice