

# October

## BREAKFAST

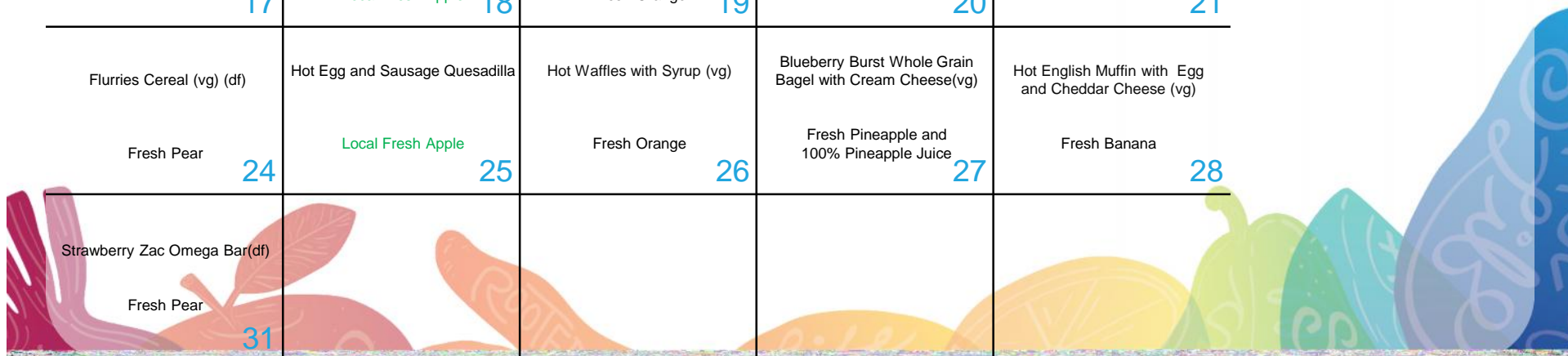
Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt and Smart Crackers (vg)  Fresh Pear  3	Hot Omelet with Cheese and Whole Grain Roll (vg)  Local Fresh Apple  4	Hot Cinnamon Toast Bagel (vg)  Fresh Orange  5	Lemon Muffin  Fresh Pineapple and 100% Pineapple Juice  6	Hot Pancakes with Syrup (vg)  Fresh Banana  7
<b>Columbus Day</b>  10	Cocoa Bops Cereal (df) (vg)  Local Fresh Apple  11	Hot Breakfast Burrito with Egg and Cheddar Cheese (vg)  Fresh Orange  12	Hot Waffles with Syrup (vg)  Fresh Pineapple and 100% Pineapple Juice  13	Hot English Muffin with Turkey and Cheese (vg)  Fresh Banana  14
Mini Dipper Doodle and String Cheese (vg)  Fresh Pear  17	Hot Pancakes with Syrup (vg)  Local Fresh Apple  18	Hot Bagel with Cheddar Cheese(vg)  Fresh Orange  19	Autumn Spice Muffin (vg)  Fresh Pineapple and 100% Pineapple Juice  20	Hot Omelet with Cheese and Whole Grain Roll (vg)  Fresh Banana  21
Flurries Cereal (vg) (df)  Fresh Pear  24	Hot Egg and Sausage Quesadilla  Local Fresh Apple  25	Hot Waffles with Syrup (vg)  Fresh Orange  26	Blueberry Burst Whole Grain Bagel with Cream Cheese(vg)  Fresh Pineapple and 100% Pineapple Juice  27	Hot English Muffin with Egg and Cheddar Cheese (vg)  Fresh Banana  28
Strawberry Zac Omega Bar(df)  Fresh Pear  31				

If you see it in **GREEN**, it is a local item; if it see it in **BLUE**, it is an international item!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*



Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
10/3/2016	BRK, YOGURT/DJ CRACKERS:0115	1 EACH	180	32.05	5	145	2	8.1	250.5	465	4.8	18.05	6.01	4	0	0
	BRK, CER FLURRIES:0714	1 EACH	190	45	0	130	3	1.44	0	100	0	13	3	1.5	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/4/2016	BRK, OMELET CHEESE:0616	1 EACH	220	21	195	380	2	1.38	144.6	374	3.6	3	13	9.5	3	0
	BRK, HONEY/ CINN RUMBLES:0116	SERVING	230	36	0	60	4	1.8	0	45	0	9	4	7.5	0.5	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/5/2016	BRK, BAGEL CINNAMON TOAST:0616	1 EACH	230	38.02	0	322	3.14	1.83	62.7	16	0.01	9.8	6.01	6.43	1.65	0
	BRK, ZAC BAR BLACKBERRY:814	1 EACH	230	39	0	50	5	1.08	80	65	0	13	5	7	0.5	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/6/2016	BRK, MUFFIN LEMON:0116	1 EACH	260	40	20	170	2	1.44	20	65	6	13	5	9	1	0
	BRK, CER APPLE CINNAGRINS:0714	EACH (2 OZ)	199	37.8	0	318	3.98	7.16	447.6	2238	23.87	7.96	5.97	1.99	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE PINEAPL 4 FL OZ:1213	EACH (4 FL OZ)	60	16	0	0	0	0	0	0	15	14	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/7/2016	BRK, PANCAKES:0714	1 EACH	194	37.77	0	203	1.98	1.43	39.7	70	0	13.95	3.97	1.98	0	0
	BRK, DIPPERDOODLE/ CHEESE:0315	SERVING	220	24	30	230	3	0.72	240	230	0	6	10	10.5	4	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/11/2016	BRK, CINNA GRAHAMS/ CHS:0815	SERVING	210	22	15	250	1	1.08	220	240	0	8	9	10.5	3.5	0
	BRK, CER COCOA BOPS:0714	1 EACH	210	44	0	90	2	1.08	0	55	0	11	4	1.5	0	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/12/2016	BRK, BURRITO EGG/ CHS:0616	1 EACH	225	27	135	191	2	1.17	85	245	0	0	9.5	9.13	2	0
	BRK, BAGEL BLUEBERRY CHS:0215	1 EACH	220	33	20	285	3	1.8	80	220	0	5	7	6.5	4	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/13/2016	BRK, WAFFLES:0714	1 EACH	175	35	0	255	2	1.08	20	65	0	13	4	2	0	0
	BRK, DIPPERDOODLE:0914	SERVING	250	40	25	50	5	1.44	80	55	0	11	6	8	1	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
	FR, JUICE PINEAPL 4 FL OZ:1213	EACH (4 FL OZ)	60	16	0	0	0	0	0	0	15	14	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/14/2016	BRK, ENG MUF TKY/CHS:0415	1 EACH	194	30.38	16	446	4	1.71	45.6	78	0	5.38	12.39	3.78	1.02	0
	BRK, CRUMBLE CINNAMON:0316	1 EACH	240	37.44	24	192	2.88	1.38	19.2	43	8.64	8.64	4.8	9.6	0.96	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/17/2016	BRK, DIPPERDOODLE/ CHEESE:0315	SERVING	220	24	30	230	3	0.72	240	230	0	6	10	10.5	4	0
	BRK, ZAC BAR APPLE:0814	1 EACH	230	39	0	50	5	1.08	80	70	1.2	14	5	7	0.5	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/18/2016	BRK, PANCAKES:0714	1 EACH	194	37.77	0	203	1.98	1.43	39.7	70	0	13.95	3.97	1.98	0	0
	BRK, MUFFIN BLUEBERRY:0715	1 EACH	250	43	40	160	4	1.8	20	100	4.8	12	6	6	0.5	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/19/2016	BRK, BAGEL/CHEDDAR CHS:0616	1 EACH	236	31	20	375	3	1.8	211.9	217	0	3	11.06	7.59	4.05	0
	BRK, CINNA GRAHAMS/YOGURT:0815	SERVING	210	35.05	5	120	1	1.08	170.5	105	0	21.05	6.01	5.5	0	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/20/2016	BRK, BAGEL / CREAM CHEESE:0616	1 EACH	220	33	20	335	3	1.8	100	215	0	4	8	6.5	4	0
	BRK, MUFFIN AUTUMN SPICE:0815	1 EACH	250	42	40	220	3	1.8	20	750	1.2	13	5	7	1	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE PINEAPL 4 FL OZ:1213	EACH (4 FL OZ)	60	16	0	0	0	0	0	0	15	14	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/21/2016	BRK, CER HONEY BUTTONS:0714	1 EACH	200	40	0	55	4	1.44	20	0	0	10	5	2	0	0
	BRK, OMELET CHEESE:0616	1 EACH	220	21	195	380	2	1.38	144.6	374	3.6	3	13	9.5	3	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/24/2016	BRK, CER FLURRIES:0714	1 EACH	190	45	0	130	3	1.44	0	100	0	13	3	1.5	0	0
	BRK, DIPPERDOODLE:0914	SERVING	250	40	25	50	5	1.44	80	55	0	11	6	8	1	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0

Menu Date	Recipe Description	Portion Size	Cals	Carb (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
10/25/2016	BRK, QUESA SAUSAGE/ EGG:0616	1 EACH	232	27.35	74	354	2	1.49	126.7	188	3.61	0.34	10.72	9.6	2.34	0
	BRK, MUFFIN BANANA:0715	1 EACH	240	41	40	170	3	1.8	20	100	4.8	12	4	5	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	20.58	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/26/2016	BRK, WAFFLES:0714	1 EACH	175	35	0	255	2	1.08	20	65	0	13	4	2	0	0
	BRK, HONEY GRAHAMS/YOGURT:0815	SERVING	210	35.05	5	125	2	1.08	150.5	100	0	20.05	6.01	5.5	0	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	11.28	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/27/2016	BRK, BAGEL BLUEBERRY CHS:0215	1 EACH	220	33	20	285	3	1.8	80	220	0	5	7	6.5	4	0
	BRK, CRUMBLE CINNAMON:0316	1 EACH	240	37.44	24	192	2.88	1.38	19.2	43	8.64	8.64	4.8	9.6	0.96	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	10.04	0	1	1.07	0.22	10	44	36.59	7.54	0.41	0.09	0.01	0
	FR, JUICE PINEAPL 4 FL OZ:1213	EACH (4 FL OZ)	60	16	0	0	0	0	0	0	15	14	0	0	0	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/28/2016	BRK, ENG MUF EGG/CHEESE:0415	1 EACH	232	31	180	409	4	2.04	58.1	336	0	5	13.27	7.28	2.52	0
	BRK, MUFFIN APPLE:0715	1 EACH	250	44	40	190	4	2.7	20	100	0	12	6	7	1	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	26.95	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0
10/31/2016	BRK, YOGURT/DJ CRACKERS:0115	1 EACH	180	32.05	5	145	2	8.1	250.5	465	4.8	18.05	6.01	4	0	0
	BRK, ZAC BAR STRAWBERRY:0814	1 EACH	230	39	0	50	5	1.08	80	70	0	14	5	7	0.5	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	25.28	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	13	5	130	0	0	300	500	2.4	12	8	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	13	10	130	0	0	300	500	2.4	12	8	2.5	1.5	0