

## Menu Due: October 11, 2023

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

*\*Menus Subject to Change\**  
 A variety of milk is offered at each meal: 1% White or Fat-Free Chocolate

**Blueberry Muffin** **1**  
 ½ c Fruit Juice  
 ½ c Fresh Orange  
 Milk

**Apple Frudel** **2**  
 ½ c Fruit Juice  
 ½ c Fresh Apple  
 Milk

**Honey Nut Cheerios Cereal** **3**  
 ½ c Fruit Juice  
 ¼ c Craisins  
 Milk

**Chocolate Chip Granola Bar** **6**  
 1 oz-eq String Cheese  
 ½ c Fruit Juice  
 ½ c Mixed Fruit Cup  
 Milk

**Strawberry Filled Bagel** **7**  
 ½ c Fruit Juice  
 ½ c Applesauce  
 Milk

**Banana Muffin** **8**  
 ½ c Fruit Juice  
 ½ c Fresh Orange  
 Milk

**Cocoa Cherry Bar** **9**  
 ½ c Fruit Juice  
 ½ c Fresh Apple  
 Milk

**Goldfish Graham** **10**  
 ½ c Fruit Juice  
 ¼ c Craisins  
 Milk

**Granola Bar** **13**  
 1 oz-eq String Cheese  
 ½ c Fruit Juice  
 ½ c Mixed Fruit Cup  
 Milk

**Grape Crescent** **14**  
 ½ c Fruit Juice  
 ½ c Applesauce Cup  
 Milk

**Blueberry Muffin** **15**  
 ½ c Fruit Juice  
 ½ c Fresh Orange  
 Milk

**Apple Frudel** **16**  
 ½ c Fruit Juice  
 ½ c Fresh Apple  
 Milk

**Raisin Bran Cereal** **17**  
 ½ c Fruit Juice  
 ¼ c Craisins  
 Milk

**Double Chocolate Bar** **20**  
 1 oz-eq String Cheese  
 ½ c Fruit Juice  
 ½ c Mixed Fruit Cup  
 Milk

**Strawberry Filled Bagel** **21**  
 ½ c Fruit Juice  
 ½ c Applesauce  
 Milk

**NO SCHOOL**  
 Thanksgiving Break

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 Thanksgiving Break

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 Thanksgiving Break

**Chocolate Chip Granola Bar** **27**  
 1 oz-eq String Cheese  
 ½ c Fruit Juice  
 ½ c Mixed Fruit Cup  
 Milk

**Cinnamon Filled Bagel** **28**  
 ½ c Fruit Juice  
 ½ c Applesauce  
 Milk

**Chocolate Chip Muffin** **29**  
 ½ c Fruit Juice  
 ½ c Fresh Orange  
 Milk

**Cherry Frudel** **30**  
 ½ c Fruit Juice  
 ½ c Fresh Apple  
 Milk



**Lunch: Full Price \$3.30, Reduced Price \$0.40, Adult Price \$4.75**  
**Breakfast: Full Price \$2.30, Reduced Priced \$0.30, Adult Price \$3.75**