

# OCTOBER BREAKFAST

## GREATER BRUNSWICK CHARTER SCHOOL BRC - Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
				FRUITY CHEERIOS <sup>^</sup> Strawberry Pancake Square <sup>^</sup> Fresh Apple 1% Milk Fat Free Chocolate Milk
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
FROSTED CORN FLAKES <sup>^</sup> Apple Bar <sup>^</sup> Craisins Orange Juice 1% Milk Fat Free Chocolate Milk	STRAWBERRY YOGURT Granola <sup>^</sup> Pineapple Tidbits Grape Juice Choice of Milk	RICE CHEX <sup>^</sup> Graham Crackers <sup>^</sup> Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT <sup>^</sup> Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
FRUITY CHEERIOS <sup>^</sup> Maple Breakfast Square <sup>^</sup> Craisins Blended Fruit Juice Choice of Milk	PLAIN BAGEL <sup>^</sup> Cream Cheese Mixed Fruit Apple Juice Choice of Milk	BANANA MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	RASPBERRY-CHERRY YOGURT Granola <sup>^</sup> Fresh Banana Grape Juice Choice of Milk	FROSTED CORN FLAKES <sup>^</sup> Vanilla Waffle Square <sup>^</sup> Fresh Apple Choice of Milk
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
RICE CHEX <sup>^</sup> Strawberry Pancake Square <sup>^</sup> Craisins Apple Juice Choice of Milk	CHERRY FRUDEL <sup>^</sup> Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH <sup>^</sup> Apple Bar <sup>^</sup> Fresh Banana Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola <sup>^</sup> Fresh Apple Choice of Milk
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
APPLE CINNAMON CHEERIOS <sup>^</sup> Graham Crackers <sup>^</sup> Craisins Orange Juice Choice of Milk	RASPBERRY-CHERRY YOGURT Granola <sup>^</sup> Mixed Fruit Cup Apple Juice Choice of Milk	TRIX <sup>^</sup> Maple Breakfast Square <sup>^</sup> Fresh Apple Choice of Milk	CINNAMON BUN <sup>^</sup> Fresh Banana Blended Fruit Juice Choice of Milk	CHERRY BREAKFAST BAR <sup>^</sup> Mozzarella Cheese Stick Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

<sup>^</sup> Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)

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