unity meals

BRK 1

OCTOBER

BREAKFAST

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Pattern: 8 oz Milk 1 oz MMA (Meat) + 1 oz Whole Grain or 2 oz Whole Grain 1 cup Fruit **All meals are served with fruit and a choice of milk** ***All grains are whole grains** *** This institution is an equal opportunity provider**			**1** *Fun and Fruity Waffles or *Sunrise Muffin	**2** *Bagel Dots or *Cereal Bowl (TRIX) + Graham crackers
5 *Low-fat Yogurt and Granola or *Cereal Bowl (Corn Flakes) + Graham crackers	**6** *Cinnamon Crumble Cake or *Zucchini Bread	**7** *Chocolate Waffles or *Cereal Bowl (Apple Cinnamon) + Graham crackers	**8** *Pan Dulce (Pink) or *Blueberry Muffin	**9** *Mini Pancakes or *Cereal Bowl (Cinnamon Toast Crunch) + Graham crackers
12 *Chocolate Chip Muffin or *Cereal Bowl (Cinnamon Toast Crunch) with Graham crackers	**13** *Cereal Bar with Graham crackers or *Sunrise Muffin	**14** *Pancake Bowl or *Cereal Bowl (Corn Flakes) + Graham crackers	**15** *Pan Dulce (Pink) or *Zucchini Bread	**16** *Egg and Cheese on Whole Grain Muffin or *Cereal Bowl (Apple Cinnamon) + Graham crackers
19 *Cereal Bar with Graham crackers or *Cereal Bowl (Cheerios) + Graham crackers	**20** *Double Chocolate Muffin or *Low-fat Yogurt and Granola	**21** *Pan Dulce (Vanilla) or *Cereal Bowl (Cocoa Puffs) + Graham crackers	**22** *Fun and Fruity Waffles or *Zucchini Bread	**23** *Breakfast Quesadilla or *Cereal bowl (TRIX) + Graham crackers
26 *Low-fat Yogurt and Granola or *Cereal Bowl (Corn Flakes)	**27** *Mantecada Muffin or *Zucchini Bread	**28** *Chocolate Waffles or *Cereal Bowl (Apple Cinnamon) + Graham crackers	**29** *Cinnamon Crumble Cake or *Blueberry Muffin	**30** *Maple Beef Sausage Breakfast Sandwich or *Cereal Bowl (Cheerios) + Graham crackers