

PENTAB ACADEMY OCTOBER BREAKFAST

			1 WHOLEGRAIN RICH FLAVORED CEREAL FRESH FRUIT	2 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
5 WHOLEGRAIN RICH FLAVORED CEREAL FRESH FRUIT	6 WHOLEGRAIN RICH OAT MUFFIN FRESH FRUIT	7 WHOLEGRAIN RICH FRENCH TOAST WITH SYRUP AND A SIDE OF FRESH FRUIT	8 BAGEL WITH CHEESE AND FRESH FRUIT	9 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
12 No School Teacher Planning	13 WHOLEGRAIN RICH ANIMAL CRACKERS WITH FRESH FRUIT	14 WHOLEGRAIN RICH PANCAKES AND SYRUP WITH A SIDE OF FRESH FRUIT	15 WHOLEGRAIN RICH ROLL WITH JELLY FRESH FRUIT	16 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
19 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	20 WHOLEGRAIN RICH GRAHAM CRACKERS WITH FRESH FRUIT	21 WHOLEGRAIN RICH WAFFLES AND SYRUP WITH A SIDE OF FRESH FRUIT	22 WHOLEGRAIN RICH FLAVORED CEREAL FRESH FRUIT	23 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT
26 WHOLE GRAIN RICH FLAVORED CEREAL AND A FRUIT CUP	27 WHOLEGRAIN RICH OAT MUFFIN FRESH FRUIT	28 WHOLEGRAIN RICH FRENCH TOAST WITH SYRUP AND A SIDE OF FRESH FRUIT	29 BAGEL WITH CHEESE AND FRESH FRUIT	30 WHOLEGRAIN RICH CORN MUFFIN FRESH FRUIT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.