



# October



Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

October is  
National  
Pumpkin  
Month



3605  
...com

## WAGON MOUND PUBLIC SCHOOLS 2021 BREAKFAST

4	5	6	7	8	
	WAFFLES/SYRUP COLD CEREAL FRESH RASPBERRIES FRUIT JUICE MILK VARIETY 2021	YOGURT GRANOLA BLUEBERRIES,FRESH COLD CEREAL FRUIT JUICE MILK VARIETY 2021	PLAIN BAGEL TOASTED CREAM CHEESE COLD CEREAL STRAWBERRIES,FRESH FRUIT JUICE MILK VARIETY 2021		Cal 379 T.Fat 11.48 G S.Fat 5.4 G Chol 32.7 Mg Sodm 314.96 Mg
11	12	13	14	15	
HAM/CHEESE CROISSANT GREEN CHILE COLD CEREAL FRESH MANGOS FRUIT JUICE MILK VARIETY 2021	PEANUT BUTTER/JELLY SAND COLD CEREAL PEARS FRUIT JUICE MILK VARIETY 2021	BISCUITS SAUSAGE GRAVY FRUIT JUICE COLD CEREAL CHILLED FRUIT MILK VARIETY 2021	SAUSAGE TORTILLA GREEN CHILE CHILLED FRUIT COLD CEREAL FRUIT JUICE MILK VARIETY 2021		Cal 433 T.Fat 11.63 G S.Fat 4.0 G Chol 24.1 Mg Sodm 700.36 Mg
18	19	20	21	22	
PANCAKES SYRUP COLD CEREAL ORANGES FRUIT JUICE MILK VARIETY 2021	BANANA BREAD SQUARES COLD CEREAL FRUIT JUICE APPLES MILK VARIETY 2021	TOAST CREAMY WHEAT PEANUT BUTTER JELLY BLUEBERRIES,FRESH FRUIT JUICE MILK VARIETY 2021	SCRAMBLED EGGS HASH BROWNS KETCHUP TORTILLAS GRAPES,FRESH FRUIT JUICE MILK VARIETY 2021		Cal 420 T.Fat 8.15 G S.Fat 2.2 G Chol 67.2 Mg Sodm 379.09 Mg
25	26	27	28	29	
MUFFIN ASSORTMENT COLD CEREAL STRAWBERRIES,FRESH FRUIT JUICE MILK VARIETY 2021	BREAKFAST ON A STICK COLD CEREAL FRUIT JUICE FRESH RASPBERRIES MILK VARIETY 2021	BREAKFAST COMBOS COLD CEREAL APPLES FRUIT JUICE MILK VARIETY 2021	GHOSTLY YOGURT GRAVEYARD GRANOLA CHILLED STRAWBERRY GUTS FRIGHTENING FRUIT JUICE SWAMP MILK		Cal 349 T.Fat 7.94 G S.Fat 2.6 G Chol 23.8 Mg Sodm 388.87 Mg

Happy  
Halloween

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In the operation of child feeding programs, no child will be discriminated against because of race, color,national origin, age or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.