

Monday

Tuesday

Wednesday

Thursday

Friday

4
Honey Nut Cheerios
String cheese
Peaches

5
Homemade banana bread squares
Apple slices w/ WOW Butter

6
Homemade maple apple French toast bake
Fresh fruit
Find this recipe in the Harvest of the Month handout to make at home

7
Breakfast Pizza
With turkey sausage
Diced pears

1
Homemade blueberry muffin
Orange Smiles

11
No School

12
Homemade whole grain Muffin
String cheese
Cantalope

13
Yogurt parfait w/ homemade granola
Fresh berries
Nutri Grain bar

14
Homemade wild blueberry granola bar
Featuring Maine grown oats
Fruit cup

8
No School

15
Whole grain bagel
With cream cheese
Fresh pineapple

18
Apple/Cherry Strudel
Bug Bites graham crackers
Fresh fruit

19
Sausage egg and cheddar on English muffin
Banana

20
Whole grain pancakes
Bacon
Tropical fruit salad

21
Homemade gingerbread Squares
Apple sauce

22
Homemade maple apple French toast bake
Cantaloupe

25
French toast
Sausage
Orange smiles

26
Broccoli and cheddar Quiche cups
Bug Bites graham crackers

27
Cinnamon Toast Crunch
Nutri Grain bar
Apple sauce

28
Homemade wild blueberry Granola bar
Featuring Maine grown oats
Fresh kiwi

29
Homemade muffin
Cheese stick
Apple

