

# ELEMENTARY SCHOOL BREAKFAST

OCTOBER 2024

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>315</b> Apple Cinnamon Texas Toast  <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>328</b> Chocolate Chip Muffin <b>648</b> Strawberry Gel Cup <b>749</b> Apple Juice	<b>307</b> Cherry Frudel <b>750</b> Apple Juice <b>688</b> Orange Mango Applesauce	<b>317</b> Confetti Mini Pancakes <b>753</b> Orange Juice <b>659</b> Watermelon Craisins	<b>364</b> Mini Cinni Pull-A-Part <b>670</b> Fresh Fruit <b>752</b> Fruit Punch Juice 
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>137</b> Peach Yogurt & <b>922</b> Granola w/ Cinnamon <b>750</b> Apple Juice <b>670</b> Fresh Fruit	<b>338</b> French Toast Sticks  <b>657</b> Strawberry Craisins <b>752</b> Fruit Punch Juice	<b>368</b> Plain Bagel  <b>609</b> Mixed Fruit Cup <b>753</b> Orange Juice	<b>365</b> Mini Cinni Caramel Pull-A-Part  <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>317</b> Confetti Mini Bagels Raisin Bagel  <b>689</b> Strawberry Applesauce <b>749</b> Apple Cherry Juice
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>No School</b>  	<b>307</b> Cherry Frudel  <b>670</b> Fresh Fruit <b>750</b> Apple Juice	<b>327</b> Maple Mini Waffles  <b>658</b> Cherry Craisins <b>752</b> Fruit Punch Juice	<b>369</b> Mini French Toast Berry Blast <b>697</b> Sliced Apples <b>749</b> Apple Cherry Juice	<b>329</b> Honey Cheerios Cup  <b>670</b> Fresh Fruit <b>752</b> Orange Juice  FIND YOUR TREASURE!
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>262</b> Turkey Sausage Breakfast Pizza Bagel  <b>658</b> Cherry Craisins <b>752</b> Fruit Punch Juice	<b>367</b> Cinnamon Raisin Bagel  <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>334</b> Cinnamon Toast Crunch Cup  <b>644</b> Pear Cup <b>750</b> Apple Juice	<b>308</b> Strawberry Mini Bagel  <b>670</b> Fresh Fruit <b>753</b> Orange Juice	 <b>332</b> Apple Cinnamon Muffin  <b>670</b> Fresh Fruit <b>749</b> Apple Cherry Juice

<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
<b>324</b> Coco Puffs Cup  <b>670</b> Fresh Fruit <b>750</b> Apple Juice	<b>321</b> Banana Muffin  <b>608</b> Tropical Fruit Cup <b>753</b> Orange Juice	<b>369</b> Mini French Toast Berry Blast  <b>670</b> Fresh Fruit <b>749</b> Apple Cherry Juice	<b>351</b> Cinnamon Toast Crunch Bar  <b>657</b> Strawberry Craisins <b>748</b> Grape Juice	<b>315</b> Apple Cinnamon Texas Toast  <b>670</b> Fresh Fruit <b>752</b> Fruit Punch Juice



**PLEASE READ CAREFULLY** - Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children and will not trigger an allergic

# October

## 2024

### DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

### NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



### PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!

