

No

# OCTOBER | 2021



## St. Rita Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Cinnamon Roll 100 % Fruit Juice Fruit Milk
4 Cocoa Puffs Breakfast Kit 100 % Fruit Juice Fruit Milk	5 Lucky Charms Breakfast Kit 100 % Fruit Juice Fruit Milk	6 Cheerios Breakfast Kit 100 % Fruit Juice Fruit Milk	7 Chocolate Muffin 100 % Fruit Juice Fruit Milk	8 Cinnamon Toast Crunch 100 % Fruit Juice Fruit Milk
11 Apple Jacks Breakfast Kit 100 % Fruit Juice Fruit Milk	12 Froot Loops Breakfast Kit 100 % Fruit Juice Fruit Milk	13 Poptart Breakfast Kit 100 % Fruit Juice Fruit Milk	14 Cherry Frudel 100 % Fruit Juice Fruit Milk	15 <b>Fall Break No School</b>
18 <b>Fall Break No School</b>	19 Lucky Charms Breakfast Kit 100 % Fruit Juice Fruit Milk	20 Rice Krispies Breakfast Kit 100 % Fruit Juice Fruit Milk	21 Cinnamon Toast Crunch 100 % Fruit Juice Fruit Milk	22 Cocoa Puffs Breakfast Kit 100 % Fruit Juice Fruit Milk
25 Trix Breakfast Kit 100 % Fruit Juice Fruit Milk	26 Poptart Breakfast Kit 100 % Fruit Juice Fruit Milk	27 Honey Grahams Breakfast Kit 100 % Fruit Juice Fruit Milk	28 Chocolate Muffin 100 % Fruit Juice Fruit Milk	29 Apple Jacks Breakfast Kit 100 % Fruit Juice Fruit Milk

### News

A healthy Breakfast helps the mind get engaged and the body get energized. Eating breakfast every day as a child helps to develop a lifelong habit of eating breakfast throughout adulthood, making sure the body gets the nutrition it needs to help make every day a success in work and play.

Breakfast menu is subject to change as our distributor is experiencing supply chain shortages.

# OCTOBER | 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27

28

29

30

1

4

5

6

7

8

11

12

13

14

15

18

19

20

21

22

25

26

27

28

29