




October ECE Breakfast

2024

Breakfast and lunch are offered to ALL students at NO COST!

(Head Start/Pre-School)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 UBR Breakfast Round graham crackers ½ mixed berries milk	2 Graham crackers Smoothie ½ c orange wedges milk	3 1 oz cereal graham crackers ½ c applesauce milk	4 ½ benefit bar graham crackers ½ c strawberries milk	5  Milk-1% white milk offered daily
6	7 1 oz cereal graham crackers ½ c apple slices milk	8 UBR Breakfast Round graham crackers ½ mixed berries milk	9 ½ Elote Concha graham crackers ½ c orange wedges milk	10 1 oz cereal graham crackers ½ c applesauce milk	11 ½ benefit bar graham crackers ½ c strawberries milk	12  Hydration stations are in all cafeterias at no charge
13	14 ½ Concha graham crackers ½ c apple slices milk	15 UBR Breakfast Round graham crackers ½ mixed berries milk	16 Graham crackers Smoothie ½ c orange wedges milk	17 Yogurt and blueberry parfait graham crackers milk	18 Ham and cheese croissant graham crackers ½ c strawberries milk	19  All grains are whole-grain rich (51% or more of the grain in whole grain, the remaining grain is enriched)
20	21 1 oz cereal graham crackers ½ c apple slices milk	22 UBR Breakfast Round graham crackers ½ mixed berries milk	23 ½ Elote Concha graham crackers ½ c orange wedges milk	24 1 oz cereal graham crackers ½ c applesauce milk	25 ½ benefit bar graham crackers ½ c strawberries milk	26
27	28 ½ Concha graham crackers ½ c apple slices milk	29 UBR Breakfast Round graham crackers ½ mixed berries milk	30 Graham crackers Smoothie ½ c orange wedges milk	31 1 oz cereal graham crackers ½ c applesauce milk	