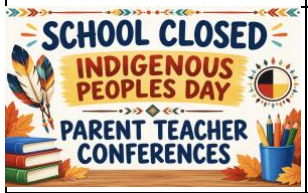
Arlene's October 2026 K-8 Breakfast Menu

Carbs listed for each item in blue font			1 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	2 Bagel & Cream Cheese (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
5 Nutri-Grain Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6 Chocolate Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	7 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	9 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
	13 Blueberry Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Blueberry Muffin (2wg) 36 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 Apple Strudel Pastry (2wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
19 Strawberry Pop Tart (1wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20 Bagel & Cream Cheese (2wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	21 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Chocolate Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	23 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
26 Apple/Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	27 Choc Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	28 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13		

MENU SUBJECT TO CHANGE
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER