October 2022

Breakfast and Snack Menu





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| **3 Bagels & Cream Cheese, fruit, milk****Graham Crackers** | **4 Cheese Quesadillas, fruit, milk****Applesauce**  | **5 Cereal, milk, fruit** **Animal cookies** | **6 Mini Muffin, milk, fruit** **Wheat Thins** | **7 Biscuit & Jelly, milk** **Cheez-itz** |
| **10 Cheese Quesadillas, fruit, milk** **Applesauce** | **11 Cereal, milk, fruit** **Animal cookies** | **12 Mini Muffin, milk, fruit** **Wheat Thins** | **13 Biscuit & Jelly, milk** **Cheez-itz** | **14 Bagels & Cream Cheese, fruit, milk****Graham Crackers** |
| **17 Cereal, milk, fruit** **Animal cookies** | **18 Biscuit & Jelly, milk** **Cheez-itz** | **19 Oatmeal, milk, fruit** **Wheat Thins** | **20 Bagels & Cream Cheese, fruit, milk****Graham Crackers** | **21 Cheese Quesadillas, fruit** **Rice pudding** |
| **24 Mini Muffin, milk, fruit** **Wheat Thins** | **25 Pancakes, milk, fruit** **Pears** | **26 French Toast, milk, fruit****Sliced Apples** | **27 Cereal, milk, fruit****Ritz Crackers** | **28 Cheese Quesadillas****Rice Pudding** |
| **31 Biscuit & Jelly, milk**  **Applesauce** |  |  |  |  |