



# October 2018 ~ Breakfast ~ K - 5th



	MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S
Week of: 10/1 ~ 10/5 10/15 ~ 10/19 10/29 ~ 10/31	Glazed French Toast with syrup or Choice of Cereal	Turkey Bacon, Egg & Cheese Bosco Stick or Choice of Cereal	Blueberry Bread or Choice of Cereal	Peach Yogurt Parfait & Cinnamon Goldfish or Choice of Cereal	Cinnamon Roll or Choice of Cereal
Week of: 10/8 ~ 10/12 10/22 ~ 10/26	Waffle with syrup or Choice of Cereal	Turkey Sausage Breakfast Pizza or Choice of Cereal	Banana Bread or Choice of Cereal	Pancake Wrapped Turkey Sausage on a Stick or Choice of Cereal	Bagel & Cream Cheese or Choice of Cereal

**Harvest of the Month**  
Network for a Healthy California

The Harvest of the Month featured Fruit is...

Sliced Green Apples!!



Did You Know?

Americans eat more apples per capita than any other fruit




\* Graham Crackers also available as a breakfast entree

**Breakfast Includes**  
-Assorted Fresh Fruit  
-Trix Yogurt  
-Assorted Fruit Juice  
-1% White Milk or Non-Fat Chocolate Milk


**Breakfast**  
Full Pay \$1.75  
Reduced Pay \$0.30





## Harvest of the Month MENU DESIGN CONTEST

**WOULD YOU LIKE TO SEE YOUR OWN  
WORK OF ART ON YOUR SCHOOLS MENU?**



**1ST PLACE WINNER WILL HAVE  
THEIR ART FEATURED ON JANUARY'S  
LUNCH MENU!**

**Forms available in your cafeteria !**



Participate in our menu design contest! Vote for your favorite work of art on our Facebook page starting October 23rd.



Murrieta School Nutrition  
@MurrietaSchoolNutrition



This institution is an equal opportunity provider. Menu Subject to change without notice.