

## Holy Name Breakfast Menu October 2022

Holy Name Breakfast Menu October 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Choice of Donut or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Strawberry Cheese Filled Bagel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Breakfast Break Kit or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Apple or Cherry Strudel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk
10/3/22	10/4/22	10/5/22	10/6/22	10/7/22
Breakfast Break Kit or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Waffle Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Cinni's Rolls or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Eggo French Toast Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Apple or Cherry Strudel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk
10/10/22	10/11/22	10/12/22	10/13/22	10/14/22
In-Service No School	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Strawberry Cheese Filled Bagel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Breakfast Break Kit or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Apple or Cherry Strudel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk
10/17/22	10/18/22	10/19/22	10/20/22	10/21/22
Breakfast Break Kit or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Waffle Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Mini Cinni's Rolls or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Eggo French Toast Bites or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Apple or Cherry Strudel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk
10/24/22	10/25/22	10/26/22	10/27/22	10/28/22
Choice of Donut or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Choice of Muffin or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Strawberry Cheese Filled Bagel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Breakfast Break Kit or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk	Apple or Cherry Strudel or Choice of Cereal with Graham Crackers Choice of Fruit Choice of Milk

### What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of: Grain  
or Grain Protein
- Choice of: Fruit or Vegetable
- Choice of Milk  
(1% white, chocolate or strawberry)

You must take at least 1/2 cup of



### Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix, Cocoa Puffs
- Lucky Charms, Cheerios
- Fruit Loops, Frosted Flakes

### Fruit May Include:

- Peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit