

OCT

2022

GEAR UP FOR
SWIM CLASS



ANNOUNCEMENTS:

Try not to skip meals, especially breakfast! Skipping meals puts stress on your body and slows down many processes that happen in your body.
Menu subject to Change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal & Toast 3 Mini Donuts Daily Choice of Milk, Fruit or Juice	Cereal & Toast 4 French Toast Sticks Daily Choice of Milk, Fruit or Juice	Cereal & Toast 5 Breakfast Pizza Daily Choice of Milk, Fruit or Juice	Cereal & Toast 6 Fresh Made Fruit Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 7 Pancake on a Stick Daily Choice of Milk, Fruit or Juice
Cereal & Toast 10 Eggo – Mini Bites Pancakes Daily Choice of Milk, Fruit or Juice	Cereal & Toast 11 Hot Fresh Cinnamon Roll Daily Choice of Milk, Fruit or Juice	Cereal & Toast 12 Breakfast Burrito w/ Salsa Daily Choice of Milk, Fruit or Juice	Cereal & Toast 13 Scrambled Eggs & Toast Daily Choice of Milk, Fruit or Juice	Student Holiday 14
Student Holiday 17	Cereal & Toast 18 French Toast Sticks Daily Choice of Milk, Fruit or Juice	Cereal & Toast 19 Breakfast Burrito w/Salsa Daily Choice of Milk, Fruit or Juice	Cereal & Toast 20 Fresh Made Fruit Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 21 Pancake on a Stick Daily Choice of Milk, Fruit or Juice
Cereal & Toast 24 Eggo – Mini Bites Pancakes Daily Choice of Milk, Fruit or Juice	Cereal & Toast 25 Hot Fresh Cinnamon Roll Daily Choice of Milk, Fruit or Juice	Cereal & Toast 26 Breakfast Pizza Daily Choice of Milk, Fruit or Juice	Cereal & Toast 27 Scrambled Eggs & Toast Daily Choice of Milk, Fruit or Juice	Cereal & Toast 28 Pancake Sausage Sandwich Daily Choice of Milk, Fruit or Juice
Cereal & Toast 31 Mini Donuts Daily Choice of Milk, Fruit or Juice				

