

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 Egg & Cheese Burrito w/ Hot Sauce . Donuts Daily Choice of Milk, Fruit or Juice	Cereal & Toast 4 French Toast Sticks Pancake Sausage Sandwich Daily Choice of Milk, Fruit or Juice	Cereal & Toast 5 Breakfast Pizza Assorted Pop Tarts Breakfast Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 6 Ham & Cheese Croissant Honey Bun Daily Choice of Milk, Fruit or Juice	Cereal & Toast 7 Pancake on a Stick Scramble Eggs & Biscuit w/ Gravy Daily Choice of Milk, Fruit or Juice
Cereal & Toast 10 Egg & Cheese Burrito w/ Hot Sauce Honey Bun . Daily Choice of Milk, Fruit or Juice	Cereal & Toast 11 Hot Fresh Cinnamon Roll Strawberry Banana Trix w/Graham Cracker Daily Choice of Milk, Fruit or Juice	Cereal & Toast 12 Breakfast Pizza Assorted Pop Tarts Breakfast Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 13 Sausage & Cheese Croissant Muffin Daily Choice of Milk, Fruit or Juice	Student Holiday 14
Student Holiday 17	Cereal & Toast 18 French Toast Sticks Pancake Sausage Sandwich Daily Choice of Milk, Fruit or Juice	Cereal & Toast 19 Breakfast Pizza Assorted Pop Tarts Breakfast Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 20 Ham & Cheese Croissant Honey Bun Daily Choice of Milk, Fruit or Juice	Cereal & Toast 21 Pancake on a Stick Scramble Eggs & Biscuit w/ Gravy Daily Choice of Milk, Fruit or Juice
Cereal & Toast 24 Egg & Cheese Burrito w/ Hot Sauce Donuts Daily Choice of Milk, Fruit or Juice	Cereal & Toast 25 Hot Fresh Cinnamon Roll Strawberry Banana Trix w/Graham Cracker Daily Choice of Milk, Fruit or Juice	Cereal & Toast 26 Breakfast Pizza Assorted Pop Tarts Breakfast Parfait Daily Choice of Milk, Fruit or Juice	Cereal & Toast 27 Sausage & Cheese Croissant Muffin Daily Choice of Milk, Fruit or Juice	Cereal & Toast 28 Pancake Sausage Sandwich Mini Donut Daily Choice of Milk, Fruit or Juice
Cereal & Toast 31 Egg & Cheese Burrito w/ Hot Sauce Honey Buns Daily Choice of Milk, Fruit or Juice				

