

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 Daily Choice of Milk, Fruit or Juice 3	French Toast Sticks Daily Choice of Milk, Fruit or Juice 4	Breakfast Pizza Daily Choice of Milk, Fruit or Juice 5	Trix- Yogurt w Bear Graham Daily Choice of Milk, Fruit or Juice 6	Cereal & Toast Daily Choice of Milk, Fruit or Juice 7
Cereal & Toast Daily Choice of Milk, Fruit or Juice 10	Egg-Mini Bites Pancakes Daily Choice of Milk, Fruit or Juice 11	Breakfast Pizza Daily Choice of Milk, Fruit or Juice 12	Cereal & Toast Daily Choice of Milk, Fruit or Juice 13	Student Holiday 14
Student Holiday 17	Cereal & Toast Daily Choice of Milk, Fruit or Juice 18	Breakfast Pizza Daily Choice of Milk, Fruit or Juice 19	Trix- Yogurt w Bear Graham Daily Choice of Milk, Fruit or Juice 20	Cereal & Toast Daily Choice of Milk, Fruit or Juice 21
Cereal & Toast Daily Choice of Milk, Fruit or Juice 24	Egg-Mini Bites Pancakes Daily Choice of Milk, Fruit or Juice 25	Cereal & Toast Breakfast Pizza Daily Choice of Milk, Fruit or Juice 26	Morning Sausage Roll Daily Choice of Milk, Fruit or Juice 27	Cereal & Toast Daily Choice of Milk, Fruit or Juice 28
Cereal & Toast Daily Choice of Milk, Fruit or Juice 31				

