

# 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                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <p><b>3</b></p> <p>Cereal &amp; Toast<br/>Mini Donuts<br/>Daily Choice of Milk, Fruit or Juice</p>                 | <p><b>4</b></p> <p>Cereal &amp; Toast<br/>French Toast Sticks<br/>Daily Choice of Milk, Fruit or Juice</p>      | <p><b>5</b></p> <p>Cereal &amp; Toast<br/>Breakfast Pizza<br/>Daily Choice of Milk, Fruit or Juice</p>  | <p><b>6</b></p> <p>Cereal &amp; Toast<br/>Trix- Yogurt w Bear Graham<br/>Daily Choice of Milk, Fruit or Juice</p>  | <p><b>7</b></p> <p>Cereal &amp; Toast<br/>Pancake on a Stick<br/>Daily Choice of Milk, Fruit or Juice</p>  |
| <p><b>10</b></p> <p>Cereal &amp; Toast<br/>Eggo – Mini Bites Pancakes<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>11</b></p> <p>Cereal &amp; Toast<br/>Hot Fresh Cinnamon Roll<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>12</b></p> <p>Cereal &amp; Toast<br/>Breakfast Pizza<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>13</b></p> <p>Cereal &amp; Toast<br/>Scrambled Eggs &amp; Toast<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>14</b></p> <p><b>Student Holiday</b></p>                                                             |
| <p><b>17</b></p> <p><b>Student Holiday</b></p>                                                                     | <p><b>18</b></p> <p>Cereal &amp; Toast<br/>French Toast Sticks<br/>Daily Choice of Milk, Fruit or Juice</p>     | <p><b>19</b></p> <p>Cereal &amp; Toast<br/>Breakfast Pizza<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>20</b></p> <p>Cereal &amp; Toast<br/>Trix- Yogurt w Bear Graham<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>21</b></p> <p>Cereal &amp; Toast<br/>Pancake on a Stick<br/>Daily Choice of Milk, Fruit or Juice</p> |
| <p><b>24</b></p> <p>Cereal &amp; Toast<br/>Eggo – Mini Bites Pancakes<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>25</b></p> <p>Cereal &amp; Toast<br/>Hot Fresh Cinnamon Roll<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>26</b></p> <p>Cereal &amp; Toast<br/>Breakfast Pizza<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>27</b></p> <p>Cereal &amp; Toast<br/>Scrambled Eggs &amp; Toast<br/>Daily Choice of Milk, Fruit or Juice</p> | <p><b>28</b></p> <p>Cereal &amp; Toast<br/>Sausage Biscuit<br/>Daily Choice of Milk, Fruit or Juice</p>    |
| <p><b>31</b></p> <p>Cereal &amp; Toast<br/>Mini Donuts<br/>Daily Choice of Milk, Fruit or Juice</p>                |                                                                                                                 |                                                                                                         |                                                                                                                    |                                                                                                            |