



**Nativity of Mary School**  
**October 2023**  
**K-8 Breakfast Menu**



**Everyday Choices:**  
 Assorted Cereals  
 w/Graham Crackers  
 Variety of Fresh Fruit

Choice of Milk Available  
 with Breakfast:  
 Low-Fat White, Fat Free  
 White,  
 Fat Free Chocolate

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2	3	4	5	6
<b>Chocolate Chip Muffin</b> <b>Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Warm Bagel with Toppings</b>  Fruit Cup 100% Fruit Juice Milk	<b>Oatmeal Chocolate Chunk Breakfast Bar</b>  Fruit Cup 100% Fruit Juice Milk	<b>Warm Pastry Frudel</b>  Fruit Cup 100% Fruit Juice Milk	 <b>No School</b>
9	10	11	12	13
 <b>Columbus Day</b>	<b>Apple Cinnamon Benefit Bar</b>  Fruit Cup 100% Fruit Juice Milk	<b>Whole Grain Donut</b>  Fruit Cup 100% Fruit Juice Milk	<b>Cinnamon Pop Tart Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Glazed Cinnamon Bun</b>  Fruit Cup 100% Fruit Juice Milk
16	17	18	19	20
<b>Apple Cinnamon Muffin</b> <b>Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Assorted Cereal Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Glazed WG Mini Donuts</b>  Fruit Cup 100% Fruit Juice Milk	<b>Banana Chocolate Chunk Breakfast Bar</b>  Fruit Cup 100% Fruit Juice Milk	<b>Strawberry Pop Tart Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk
23	24	25	26	27
<b>Chocolate Chip Muffin</b> <b>Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Strawberry Mini Bagel</b>  Fruit Cup 100% Fruit Juice Milk	<b>Glazed Cinnamon Roll</b>  Fruit Cup 100% Fruit Juice Milk	<b>Assorted Benefit Bars</b>  Fruit Cup 100% Fruit Juice Milk	<b>Cereal Bar Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk
30	31	<b>Breakfast Price - \$1.00</b>  A reimbursable meal consists of a fruit/juice and two other items. Students may take up to 1 cup of fruit: Fresh, prepared or juice.		
<b>Blueberry Muffin</b> <b>Graham Crackers</b>  Fruit Cup 100% Fruit Juice Milk	<b>Spooky Donut</b>  Fruit Cup 100% Fruit Juice Milk			

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