

Energize Your Day! Eat School Breakfast

sodexo

Nativity of Mary School



October 2021 Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**All first meals are provided
free of cost.**

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.



1

**Soft Cinnamon
Toast Crunch Bar**

Fresh Fruit
Milk

4

**Blueberry Muffin
Goldfish Grahams**

Raisins
Apple Juice
Milk

5

**Banana
Breakfast Bar**

Fruit Cup
Grape Juice
Milk

6

**Soft Cocoa Puff
Breakfast Bar**

Fresh Apple
Milk

7

**Cinnamon Pop Tart
Goldfish Grahams**

Banana
Milk

8

No School

**Diocese
Convocation**

11

Columbus Day



12

**Cinnamon Mini
Bagels**

Fruit Cup
Grape Juice
Milk

13

**Oatmeal Chocolate
Chip Benefit Bar**

Fresh Apple
Milk

14

Fruit Strudel

Banana
Milk

15

**Cinnamon Toast
Crunch Cereal Bar
Goldfish Grahams**

Fresh Fruit
Milk

18

**Banana Muffin
Goldfish Grahams**

Raisins
Apple Juice
Milk

19

**Fruity Cheerio Bar
Goldfish Grahams**

Fruit Cup
Grape Juice
Milk

20

**Apple Cinnamon
Benefit Bar**

Fresh Apple
Milk

21

**Assorted Cereal
Goldfish Grahams**

Banana
Milk

22

**Mini Cinnamon
Rolls**

Fresh Fruit
Milk

25

**Apple Cinnamon
Muffin
Goldfish Grahams**

Raisins
Apple Juice
Milk

26

**Soft Cocoa Puff
Breakfast Bar**

Fruit Cup
Grape Juice
Milk

27

**Strawberry Pop Tart
Goldfish Grahams**

Fresh Apple
Milk

28

**Banana Chocolate
Chunk Breakfast Bar**

Banana
Milk

29

**Mini "Boo" Berry
Pancakes**



Fresh Fruit
Milk

A complete Breakfast is served at all schools.

Choice of Milk Available with Breakfast:

Low-Fat White, Fat Free White,
Fat Free Chocolate

Nutrition Tip: Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.

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