







Park Forest - Chicago Heights SD 163

October 2015

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1st</p> <p>2 oz. W/G Muffin 1/2C Fresh Banana 1/2C Cherry/Apple Juice 1 C Milk</p>	<p>2nd</p> <p>1 oz. W/Grain Cereal 1 oz. W/G Bear Grahams 1/2C Peaches 1/2C Grape Juice 1 C Milk</p>
<p>5th</p> <p>2 oz. W/Grain Bagel / Jelly Packet 1/2C Fresh Orange 1/2C Pineapple Juice 1 C Milk</p>	<p>6th</p> <p>1 oz. W/G Cereal Bar 1/2C Fresh Melon 1/2C Pineapple/Orange Juice 1 C Milk</p>	<p>7th</p> <p>No School</p>	<p>8th</p> <p>1 oz. W/Grain Cereal 1 oz. W/G Bear Grahams 1/2C Fresh Grapes 1/2C Orange Juice 1 C Milk</p>	<p>9th</p> <p>2 oz. W/G Bagel 1 oz. W/G Animal Crackers 1/2C Fruit Cocktail 1/2C Cherry/Apple Juice 1 C Milk</p>
<p>12th</p> <p>School Holiday</p>  <p>OCTOBER</p>	<p>13th</p> <p>2 oz. W/Grain Muffin 1/2C Peaches 1/2C Fruit Punch 1 C Milk</p>	<p>14th</p> <p>1 oz. W/G Cereal 1 oz. W/G Animal Crackers 1/2C Pears 1/2C Orange Juice 1 C Milk</p> 	<p>15th</p> <p>2 oz. W/G Bagel / Jelly 1 oz. W/G Cereal Bar 1/2C Mandarin Oranges 1/2C Apple Juice 1 C Milk</p>	<p>16th</p> <p>1 oz. W/G Cereal 1 oz. W/G Graham Crackers 1/2C Raisins 1/2C Pine Orange Juice 1 C Milk</p>  <p>AUTUMN</p>
<p>19th</p> <p>1 oz. W/G Cereal 1 oz. W/G Bear Grahams 1/2C Tropical Fruit 1/2C Cherry/Apple Juice 1 C Milk</p>	<p>20th</p> <p>2 oz. W/G Muffin 1/2C Fruit Cocktail 1/2C Orange Juice 1 C Milk</p>	<p>21st</p> <p>2 oz. W/Grain Bagel / Low Fat Cream Cheese 1 oz. W/G Graham Crackers 1/2C Fresh Melon 1/2C Apple Juice 1 C Milk</p>	<p>22nd</p> <p>1 oz. Whole Grain Cereal 1 oz. W/G Animal Crackers 1/2C Raisins 1/2C Grape Juice 1 C Milk</p>	<p>23rd</p> <p>2 oz. W/G Fruit Muffin 1/2C Fresh Apple 1/2C Apple Juice 1 C Milk</p>
<p>26th</p> <p>1 oz. Whole Grain Cereal 1/2C Fresh Orange 1/2C Grape Juice 1 C Milk</p> 	<p>27th</p> <p>2 oz. W/G Fruit Muffin 1/2C Raisins 1/2C Orange Juice 1 C Milk</p>	<p>28th</p> <p>2 oz. W/Grain Bagel / Cream Cheese 1 oz. W/G Bear Grahams 1/2C Grapes 1/2C Apple Juice 1 C Milk</p>	<p>29th</p> <p>1 oz. W/G Fruit / Cereal Bar 2 each 1/2C Fresh Apple 1/2C Pineapple Juice 1 C Milk</p>	<p>30th</p> <p>1 oz. W/Grain Cereal 1 oz. W/G Animal Crackers 1/2C Pineapple Chunks 1/2C Cherry Apple Juice 1 C Milk</p>  <p>HAPPY HALLOWEEN</p>