

# OCTOBER | 2023



## Rapid River Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fruit Parfait 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>3</b> Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>4</b> Bagel/Cereal 100% Juice Cup Yogurt Hard Boiled Egg Choice of Milk	<b>5</b> Breakfast Sandwich 100% Juice Cup Yogurt Choice of Milk	<b>6</b> Donut 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk
<b>9</b> Fruit Parfait 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>10</b> Banana Loaf /Apple Bread 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>11</b> Breakfast Pizza 100% Juice Cup Yogurt Hard Boiled Egg Choice of Milk	<b>12</b> Breakfast Sandwich 100% Juice Cup Yogurt Choice of Milk	<b>13</b>  No School
<b>16</b> Fruit Parfait 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>17</b> Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>18</b> Bagel/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>19</b> Breakfast Sandwich 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>20</b> Donut 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk
<b>23</b> Fruit Parfait 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>24</b> Banana Loaf/ Apple Bread 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>25</b> Breakfast Pizza 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>26</b> Breakfast Sandwich 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>27</b> Donut 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk
<b>30</b> Fruit Parfait 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>31</b> Muffin/Cereal 100% Juice Cup Yogurt/Hard Boiled Egg Choice of Milk	<b>1</b>	<b>2</b>	<b>3</b>

### News

Milk Choice~  
 1% White  
 1% Chocolate

Fruit Choices~  
 Apples  
 Oranges  
 Applesauce  
 Bananas