



# OCTOBER | 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Cinnamon Toast Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>3</b> Yogurt Breakfast Crackers 100% Fruit Juice Fresh or Dry Fruit Choice of Milk  Calories: 500 Sodium: 345 Carbs with WHITE MILK: 100 Carbs with CHOCOLATE MILK: 111	<b>4</b> Cocoa Puffs Cereal Hard Cooked Egg Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>5</b> Cereal Bar Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 580 Sodium: 450 Carbs with WHITE MILK: 106.5 Carbs with CHOCOLATE MILK: 117.5	<b>6</b>  <b>No School</b>
<b>9</b>  <b>No School</b>	<b>10</b>  <b>No School</b>	<b>11</b>  <b>No School</b>	<b>12</b>  <b>No School</b>	<b>13</b>  <b>No School</b>
<b>16</b> Cinnamon Toast Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>17</b> Yogurt Breakfast Crackers 100% Fruit Juice Fresh or Dry Fruit Choice of Milk  Calories: 500 Sodium: 345 Carbs with WHITE MILK: 100 Carbs with CHOCOLATE MILK: 111	<b>18</b> Cocoa Puffs Cereal Hard Cooked Egg Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>19</b> Cereal Bar Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 580 Sodium: 450 Carbs with WHITE MILK: 106.5 Carbs with CHOCOLATE MILK: 117.5	<b>20</b> Trix Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103
<b>23</b> Cinnamon Toast Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>24</b> Yogurt Breakfast Crackers 100% Fruit Juice Fresh or Dry Fruit Choice of Milk  Calories: 500 Sodium: 345 Carbs with WHITE MILK: 100 Carbs with CHOCOLATE MILK: 111	<b>25</b> Cocoa Puffs Cereal Hard Cooked Egg Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>26</b> Cereal Bar Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 580 Sodium: 450 Carbs with WHITE MILK: 106.5 Carbs with CHOCOLATE MILK: 117.5	<b>27</b> Trix Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103
<b>30</b> Cinnamon Toast Cereal Breakfast Crackers Fresh or Dry Fruit 100% Fruit Juice Choice of Milk  Calories: 520 Sodium: 450 Carbs with WHITE MILK: 92 Carbs with CHOCOLATE MILK: 103	<b>31</b> Yogurt Breakfast Crackers 100% Fruit Juice Fresh or Dry Fruit Choice of Milk  Calories: 500 Sodium: 345 Carbs with WHITE MILK: 100 Carbs with CHOCOLATE MILK: 111			

## BREAKFAST MENU

### K- 12<sup>th</sup> Grade

**Northeast Ohio College Preparatory High School**

**Northeast Ohio College Preparatory School**

**Cleveland College Preparatory School**

**Lake Erie Preparatory School**

**Euclid Preparatory School**

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 \*\*\* Milk Choices \*\*\*  
 8 oz. 1% White Milk  
 Or  
 8 oz. Fat-Free Chocolate Milk  
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“This institution is an equal opportunity provider.”

**Menu is subject to change!**