

October 2021

Mid-Atlantic Regional Breakfast Menu - Cold



BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Whole Grain Bagel</b> Cream Cheese/Butter Assorted Fruit Skim/1% Milk
4 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	5 <b>Assorted Yogurt</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	6 <b>Eggo Blueberry Pancakes</b>  Assorted Fruit Skim/1% Milk	7 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	8 <b>Whole Grain Bagel</b> Cream Cheese/Butter Assorted Fruit Skim/1% Milk
11 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	12 <b>Assorted Yogurt</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	13 <b>Banana Bread/Muffin</b> 4 oz serving Assorted Fruit Skim/1% Milk	14 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	15 <b>Whole Grain Bagel</b> Cream Cheese/Butter Assorted Fruit Skim/1% Milk
18 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	19 <b>Assorted Yogurt</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	20 <b>Eggo Blueberry Pancakes</b>  Assorted Fruit Skim/1% Milk	21 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	22 <b>Whole Grain Bagel</b> Cream Cheese/Butter Assorted Fruit Skim/1% Milk
25 <b>Whole Grain Cereal</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	26 <b>Assorted Yogurt</b> Whole Grain Grahams Assorted Fruit Skim/1% Milk	27 <b>Banana Bread/Muffin</b> 4 oz serving Assorted Fruit Skim/1% Milk	28 <b>Whole Grain Grahams</b> String Cheese Assorted Fruit Skim/1% Milk	29 <b>Whole Grain Bagel</b> Cream Cheese/Butter Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change