





OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T					1 Bagels Pineapples Milk	2
3	4 Cheerios Diced Pears Milk	5 Waffles Tropical Mix Fruit Milk	6 English Muffins / Peaches Milk	7 Cheese Grits Pineapples Milk	8 Kixs Peaches Milk	9 
10	11 Raisin Bran Mandarin Oranges Milk	12 Muffins Peaches Milk	13 Cinnamon Toast Appesauce Milk	14 Oatmeal Pineapple Milk	15 Bagels Pears Milk	16
17	18 Cheerios Mandarin Oranges Milk	19 Waffles Tropical Fruit Milk	20 Rice Krispies Peaches Milk	21 Pancakes Peaches Milk	24 Cheese Toast Bananas Milk	23 
24	25 Raisin Bran Mandarin Oranges Milk	26 Muffins Pineapples Milk	27 Cinnamon Toast Mix Fruit Milk	28 Cheese Grits Peaches Milk	29 Biscuits Applesauce Milk	30
31		<p>This institution is an equal opportunity provider</p> <p>All cereal is wic approved</p>			<p>Notes:</p> <p>Fat -Free or 1%Milk is served with every meal .</p> <p>Whole Milk is served to One-Year old's</p> <p>Milk Substitutes are made upon doctor's Request .</p>	