

BREAKFAST

OCTOBER 2018
RAINS ISD

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HEADSTART & PRE K

Monday

Tuesday

Wednesday

Thursday

Friday

1
BREAKFAST PIZZA
JUICE
MILK

2
CEREAL, ASSORTED
MILK
FRESH FRUIT

3
BLUEBERRY MUFFIN
JUICE
MILK

4
CEREAL, ASSORTED
MILK
JUICE

5
½ BISCUIT
SAUSAGE GRAVY
SCRAMBLED EGGS
JUICE, MILK

SNACK: TEDDY GRAHAMMS
WHITE MILK

SNACK: YOGURT ORANGES
WATER

SNACK: GOLDFISH, PEACHES
WATER

SNACK: MUFFIN, APPLESAUCE
MILK

SNACK: CHEESE STICK, PEARS,
WATER

8
NO SCHOOL

9
CEREAL, ASSORTED
MILK
FRESH FRUIT

10
FRENCH TOAST STICKS
SYRUP
JUICE
MILK

11
CEREAL, ASSORTED
JUICE
MILK

12
½ BISCUIT
SAUSAGE GRAVY
SCRAMBLED EGGS
JUICE, MILK

COLUMBUS DAY

SNACK: MUFFIN, APPLESAUCE
WATER

SNACK: YOGURT, GRAPES, WATER

SNACK: TEDDY GRAHAMMS
- WHITE MILK

SNACK: CHEESE STICK, PEACHES,
WATER

15
DONUT HOLES
FRESH FRUIT
MILK

16
CEREAL, ASSORTED
MILK
JUICE

17
BLUEBERRY MUFFIN
FRESH FRUIT
MILK

18
CEREAL, ASSORTED
MILK
JUICE

19
½ BISCUIT
SAUSAGE GRAVY
SCRAMBLED EGGS
JUICE, MILK

SNACK: GOLDFISH, PEACHES, WATER

SNACK: MUFFIN, WATERMELON
WATER

SNACK: TEDDY GRAHAMMS
MILK

SNACK: YOGURT, ORANGES, WATER

SNACK: CHEESE STICK
PEARS, WATER

22
MINI PANCAKES
SYRUP
FRESH FRUIT
MILK

23
CEREAL, ASSORTED
JUICE
MILK

24
FRENCH TOAST STICKS
SYRUP
JUICE
MILK

25
CEREAL, ASSORTED
MILK
FRESH FRUIT

26
½ BISCUIT
SAUSAGE GRAVY
SCRAMBLED EGGS
JUICE, MILK

SNACK: YOGURT, GRAPES, WATER

SNACK: MUFFIN, ORANGES, WATER

SNACK: TEDDY GRAHAMMS, MILK

SNACK: CHEESE STICK, PEARS,
WATER

SNACK: GOLDFISH, PEACHES, WATER

29
BREAKFAST PIZZA
JUICE
MILK

30
CEREAL, ASSORTED
FRESH FRUIT
MILK

31
HAPPY HALLOWEEN!!
BLUEBERRY MUFFIN
JUICE
MILK

SNACK: YOGURT, ORANGES, WATER

SNACK: MUFFIN, PEARS, WATER

SNACK: TEDDY GRAHAMMS, MILK

DON'T FORGET!! NO SCHOOL ON OCTOBER 8TH FOR COLUMBUS DAY.

