



OCTOBER 2021

Parsippany Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cereal Bowl Graham Crackers Fruit/100% Juice Milk Choice
4 Cereal Graham Crackers Fruit/100% Juice Milk Choice	5 Cereal Bowl Graham Crackers Fruit/100% Juice Milk Choice	6 Muffin Fruit/100% Juice Milk Choice	7 Choc Puff Cereal Graham Crackers Fruit/100% Juice Milk Choice	8 Large Buttered Roll Fruit/100% Juice Milk Choice
11 Cinnamon Toast Crunch Cereal Graham Crackers Fruit/100% Juice Milk Choice	12 Cereal Bowl Fruit/100% Juice Milk Choice	13 Frosted Flakes Cereal Graham Crackers Fruit/100% Juice Milk Choice	14 Cereal Graham Crackers Fruit/100% Juice Milk Choice	15 Strawberry PopTarts Fruit/100% Juice Milk Choice
18 Choc Puff Cereal Graham Crackers Fruit/100% Juice Milk Choice	19 Apple Bar Graham Crackers Fruit/100% Juice Milk Choice	20 Cheerios Cereal Graham Crackers Fruit/100% Juice Milk Choice	21 Bagel with Cream Cheese Graham Crackers Fruit/100% Juice Milk Choice	22 Apple Jacks Cereal Graham Crackers Fruit/100% Juice Milk Choice
25 Cinnamon Toast Crunch Cereal Graham Crackers Fruit/100% Juice Milk Choice	26 Cereal Bar Graham Crackers Fruit/100% Juice Milk Choice	27 PopTarts Fruit/100% Juice Milk Choice	28 Cereal Graham Crackers Fruit/100% Juice Milk Choice	29 Cereal Graham Crackers Fruit/100% Juice Milk Choice

Breakfast includes Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice, plus Milk Choice

Menu Subject to Change



At least 50% of All Grains served w/ your meal are Whole Grain Rich

"This institution is an equal opportunity provider."

