

October 2024 | West Rusk - Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

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| | 1 PANCAKE STICK CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 2 BREAKFAST PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 3 GRILLED CHEESE CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 4 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 7 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 8 FRENCH TOAST EGG PATTY CEREAL- MUFFIN-PBJ POPTARTS-GRAHAMS FRUIT OR JUICE MILK CHOICE | 9 BAGEL PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 10 CHICKEN & BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 11 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 14 COLUMBUS DAY!!! | 15 PANCAKE STICK CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 16 BREAKFAST PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 17 GRILLED CHEESE CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 18 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 21 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 22 FRENCH TOAST EGG PATTY CEREAL- MUFFIN-PBJ POPTARTS-GRAHAMS FRUIT OR JUICE MILK CHOICE | 23 BAGEL PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 24 CHICKEN & BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 25 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE |
| 28 SAUSAGE BISCUIT CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 29 PANCAKE STICK CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | 30 BREAKFAST PIZZA CEREAL- MUFFIN- PBJ POPTARTS- GOLDFISH FRUIT OR JUICE MILK CHOICE | 31 GRILLED CHEESE CEREAL- MUFFIN- PBJ POPTARTS- GRAHAMS FRUIT OR JUICE MILK CHOICE | |

Announcements:

COLUMBUS DAY
Oct. 17th

Apples

Season in Texas: July-November
Did you know?
There are about 2,500 different kinds of
apples grown in the United States



Food and Nutrition Division
www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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