

# Providence Schools K-12 Breakfast Menu October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Maple Mini Waffles or Raisin Bran Cereal  String Cheese 100% Fruit Juice 1% or Fat Free Milk	2 Vanilla Yogurt w/ Jeff's Granola Or Frosted Flakes Cereal Craisins 100% Fruit Juice 1% or Fat Free Milk
5 Strawberry NutriGrain Bar or Cheerios Cereal Applesauce Cup 100% Fruit Juice 1% or Fat Free Milk	6 Confetti Muffin or Rice Krispies Cereal  String Cheese 100% Fruit Juice 1% or Fat Free Milk	7 Cheddar Omelet or Frosted Flakes Cereal  Fresh Apple 100% Fruit Juice 1% or Fat Free Milk	8 Chocolate Chip French Toast or Raisin Bran Cereal String Cheese 100% Fruit Juice 1% or Fat Free Milk	9 Vanilla Yogurt w/ Jeff's Granola Or Frosted Mini Wheats Cereal Craisins 100% Fruit Juice 1% or Fat Free Milk
12 No School  Columbus Day	13 Bagel w/ Cream Cheese or Raisin Bran Cereal  Fresh Orange 100% Fruit Juice 1% or Fat Free Milk	14 Mini Blueberry Pancakes o Frosted Flakes Cereal  String Cheese 100% Fruit Juice 1% or Fat Free Milk	15 Breakfast Burrito Or Frosted Mini Wheats Cereal  Craisins 100% Fruit Juice 1% or Fat Free Milk	16 Vanilla Yogurt w/ Jeff's Granola Or Cheerios Cereal  Craisins 100% Fruit Juice 1% or Fat Free Milk
19 Fruity Cheerios Bar or Frosted Flakes Cereal  Raisins 100% Fruit Juice 1% or Fat Free Milk	20 Blueberry Muffin or Raisin Bran Cereal  String Cheese 100% Fruit Juice 1% or Fat Free Milk	21 Strawberry Mini Bagel or Cheerios Cereal Fresh Apple 100% Fruit Juice 1% or Fat Free Milk	22 Pineapple Mango Breakfast Bar or Cheerios Cereal String Cheese 100% Fruit Juice 1% or Fat Free Milk	23 Vanilla Yogurt w/ Jeff's Granola Or Frosted Flakes Cereal Craisins 100% Fruit Juice 1% or Fat Free Milk
26 Strawberry NutriGrain Bar or Cheerios Cereal Applesauce Cup 100% Fruit Juice 1% or Fat Free Milk	27 Cheddar Omelet or Frosted Flakes Cereal  Fresh Orange 100% Fruit Juice 1% or Fat Free Milk	28 Cinnamon Chip Muffin or Cheerios Cereal String Cheese 100% Fruit Juice 1% or Fat Free Milk	29 Bagel w/ Cream Cheese or Raisin Bran Cereal String Cheese 100% Fruit Juice 1% or Fat Free Milk	30 Cinnamon Roll Or Frosted Flakes Cereal  Craisins 100% Fruit Juice 1% or Fat Free Milk