

# October

Howard Gardner Community School

2017- 2018

## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	<ul style="list-style-type: none"> <li>• HOT french toast sticks, sausage, and egg</li> <li>• yogurt &amp; honey grahams</li> </ul> Fruit & Milk 3	No Breakfast	<ul style="list-style-type: none"> <li>• blueberry burst muffin</li> <li>• cinnamon chex &amp; zac apple bar</li> </ul> Fruit & Milk 5	<ul style="list-style-type: none"> <li>• honey grahams &amp; cinnamon rumbles (df)</li> <li>• plain bagel &amp; cream cheese</li> </ul> Fruit & Milk 6
<ul style="list-style-type: none"> <li>• cinnamon chex &amp; zac apple bar</li> <li>• yogurt &amp; granola</li> </ul> Fruit & Milk 9	<ul style="list-style-type: none"> <li>• zee zees berry apple bar (df)</li> <li>• cheerios &amp; dipperdoodle bar</li> </ul> Fruit & Milk 10	No Breakfast	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> </ul> Fruit & Milk 12	<ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• french toast muffin</li> </ul> Fruit & Milk 13
<ul style="list-style-type: none"> <li>• cocoa critters cereal (df)</li> </ul> Fruit & Milk 16	<ul style="list-style-type: none"> <li>• HOT cheesy omelet</li> <li>• autumn spice muffin</li> </ul> Fruit & Milk 17	No Breakfast	<ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> </ul> Fruit & Milk 19	<ul style="list-style-type: none"> <li>• HOT buttermilk pancakes</li> <li>• blueberry burst muffin</li> </ul> Fruit & Milk 20
<ul style="list-style-type: none"> <li>• cinnamon chex &amp; zac apple bar</li> </ul> Fruit & Milk 23	<ul style="list-style-type: none"> <li>• cinnamon "dipperdoodle" bar &amp; string cheese</li> <li>• lemon muffin</li> </ul> Fruit & Milk 24	No Breakfast	<ul style="list-style-type: none"> <li>• autumn spice muffin</li> </ul> Fruit & Milk 26	<ul style="list-style-type: none"> <li>• zac omega fruit filled strawberry bar (df)</li> <li>• yogurt &amp; cinnamon grahams</li> </ul> Fruit & Milk 27
<ul style="list-style-type: none"> <li>• zac omega fruit-filled blackberry bar (df)</li> <li>• snow flurries cereal (df)</li> </ul> Fruit & Milk 30	<ul style="list-style-type: none"> <li>• multigrain cheerios &amp; zac strawberry bar</li> <li>• yogurt &amp; honey grahams</li> </ul> Fruit & Milk 31			

Subject to be changed

### what's new?

Did you know that we serve only rBST-free milk?

Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered twice per week.

*This institution is an equal opportunity provider*