

Menu Name : K-8 A Bagged Breakfast w Cereal Menu		Meal Pattern : NSLP		Meal : Breakfast	
Grade Level / Age Group : K-8 Grades		OCTOBER - 2024			

Breakfast	October is 'Farm-To-School' Month	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	Week VI
		Glazed Honey Breakfast Bun	Eggo Froot Loop Waffle	Lemon Poppyseed Breakfast Bread	Stuffed Cream Cheese Mini Bagels	
		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

Breakfast	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024	Week I
	Cinnamon Toast Crunch Big Cereal Bowl (Low Sugar)	Banana Chocolate Chip Oatmeal Round	Orange Dream Muffin	Mini Cinnis	Chocolate Cake Donut	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

Breakfast	Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024	Week II
	Maple Snack'n Waffle	Assorted Big Cereal Bowl	Trix Big Muffin	Pancake Puffs Pack	Vanilla Boli	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

Breakfast	Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024	Week III
	Cinnamon Chex Big Cereal Bowl	Chocolate Swirl	French Toast Breakfast Bread	Cake Glazed Donut	WG Large Muffin	
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

Breakfast	Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why?	Week IV
	WG Brekkie	Honey Cheerios Big Cereal Bowl	Banana Loaf	Choco Crisp Belgian Waffle		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies.	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

*** Three Items meet USDA requirements (One Item must be fruit).

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

NOVEMBER 2024 Menu (Subject to Change)						
Breakfast	<p>What is CKC Good Food's Role in supporting Farm Fresh Foods?</p> <p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</p>				<p>Friday, November 1, 2024</p> <p>Cinnamon Toast Crunch Muffin</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p> <p><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>	Week IV
	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	
Breakfast	<p>Trix Big Cereal Bowl</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Confetti Pancake Bites</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Banana Chocolate Chip Muffin</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Caramel Mini Cinnis</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Blueberry Snack'n Waffle</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	Week V
	<p><i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i></p>					
Breakfast	<p>Monday, November 11, 2024</p> <p>Cocoa Puffs Big Cereal Bowl</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p> <p><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>					Week VI