



WHAT'S ON THE MENU?



The Arthur School October 2022: Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Assorted Cereal & Graham Crackers</p> <p>Fresh Fruit</p>	<p>4 Turkey Ham & Cheese Bagel</p> <p>Fresh Fruit</p>	<p>5 Chicken Biscuit</p> <p>Fresh Fruit</p>	<p>6 No School</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>7 No School</p>
<p>10 WG French Toast Sticks w/ Jam</p> <p>Fresh Fruit</p>	<p>11 WG Bran Muffin w/ Turkey Bacon</p> <p>Fresh Fruit</p>	<p>12 Assorted Poptarts</p> <p>Fresh Fruit</p>	<p>13 Yogurt Cup w/ Banana Muffin</p> <p>Fresh Fruit</p>	<p>14 Breakfast Burrito</p> <p>Fresh Fruit</p>
<p>17 Pancake on a Stick</p> <p>Fresh Fruit</p>	<p>18 Egg & Cheese Biscuit</p> <p>Fresh Fruit</p>	<p>19 Assorted Cereal Graham Crackers</p> <p>Fresh Fruit</p>	<p>20 Bran Muffin w/ Breakfast Sausage</p> <p>Fresh Fruit</p>	<p>21 Turkey Ham & Cheese Croissant</p> <p>Fresh Fruit</p>
<p>24 Cinni Minnis</p> <p>Fresh Fruit</p>	<p>25 Chicken Biscuit</p> <p>Fresh Fruit</p>	<p>26 Bagel w/ Lt Cream Cheese and Jam</p> <p>Fresh Fruit</p>	<p>27 Ham, Egg and Cheese Biscuit</p> <p>Fresh Fruit</p>	<p>28 Banana Muffin w/ Turkey Breakfast Sausage</p> <p>Fresh Fruit</p>
<p>31 Cheesy Scrambled Eggs with WG Biscuit</p> <p>Fresh Fruit</p>	<p>Every lunch includes an entrée supplying grain and sometimes additional protein, two servings of fresh fruit, and a choice of low-fat and fat-free milk.</p>			

