
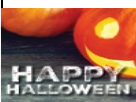



Welcome to our Breakfast Cafe at...

North Middlesex Ashby Elementary

October
2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 1 - Organic Yogurt 🍌 Animal Crackers 2 - Plain Donut 🍩 3 - Rice Krispies 🍩 Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	2 1 - Whole Grain Apple Cinnamon Crumb Muffin 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Apple Jacks 🍩 Sliced Apples Diced Pear Cup Orange Juice	3 1 - Honey Bun 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Frosted Flakes 🍩 Sliced Peaches Fresh Orange Apple 100% Juice 	4 1 - Whole Grain Blueberry Muffin 🍩 2 - Plain Donut 🍩 3 - Gluten Free Rice Chex Cereal 🍩 Cinnamon Applesauce Fresh Banana Apple Grape 100% Juice	5 1 - WW Bagel 🍩 Lite Cream Cheese 2 - Plain Donut 🍩 3 - Red. Sugar Cocoa Puffs 🍩 Fresh Empire Apple Mixed Fruit Orange Juice
8  No School	9 1 - Whole Grain Apple Cinnamon Crumb Muffin 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Apple Jacks 🍩 Sliced Apples Diced Pear Cup Orange Juice	10 1 - Honey Bun 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Frosted Flakes 🍩 Sliced Peaches Fresh Orange Apple 100% Juice	11 1 - Whole Grain Blueberry Muffin 🍩 2 - Plain Donut 🍩 3 - Gluten Free Rice Chex Cereal 🍩 Applesauce Fresh Banana Apple Grape 100% Juice	12 1 - WW Bagel 🍩 Lite Cream Cheese 2 - Plain Donut 🍩 3 - Red. Sugar Cocoa Puffs 🍩 Fresh Apple Mixed Fruit Orange Juice
15 1 - Organic Yogurt 🍌 With Animal Crackers 2 - Plain Donut 🍩 3 - Rice Krispies 🍩 Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	16 1 - Whole Grain Apple Cinnamon Crumb Muffin 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Apple Jacks 🍩 Sliced Apples Diced Pear Cup Orange Juice	17 1 - Honey Bun 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Frosted Flakes 🍩 Sliced Peaches Fresh Orange Apple 100% Juice	18 1 - Whole Grain Blueberry Muffin 🍩 2 - Plain Donut 🍩 3 - Gluten Free Rice Chex Cereal 🍩 Blueberries Fresh Banana Apple Grape 100% Juice Early Release Breakfast Served	19 1 - WW Bagel 🍩 With Lite Cream Cheese 2 - Plain Donut 🍩 3 - Red. Sugar Cocoa Puffs 🍩 Sliced Oranges Mixed Fruit Apple 100% Juice
22 1 - Organic Yogurt 🍌 With Animal Crackers 2 - Plain Donut 🍩 3 - Rice Krispies 🍩 Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	23 1 - Whole Grain Apple Cinnamon Crumb Muffin 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Apple Jacks 🍩 Sliced Apples Diced Pear Cup Orange Juice	24 1 - Honey Bun 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Frosted Flakes 🍩 Sliced Peaches Fresh Orange Apple 100% Juice	25 1 - Whole Grain Blueberry Muffin 🍩 2 - Plain Donut 🍩 3 - Gluten Free Rice Chex Cereal 🍩 Organic Applesauce 🍌 Fresh Banana Apple Grape 100% Juice	26 1 - WW Bagel 🍩 Lite Cream Cheese 2 - Plain Donut 🍩 3 - Red. Sugar Cocoa Puffs 🍩 Blueberries Mixed Fruit Orange Juice
29 1 - Organic Yogurt 🍌 Animal Crackers 2 - Plain Donut 🍩 3 - Rice Krispies 🍩 Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	30 1 - Whole Grain Apple Cinnamon Crumb Muffin 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Apple Jacks 🍩 Sliced Apples Diced Pear Cup Orange Juice	31 1 - Honey Bun 🍩 2 - Plain Donut 🍩 3 - Red. Sugar Frosted Flakes 🍩 Mixed Fruit Fresh Orange Apple 100% Juice 		



October is National Farm to School Month!
Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



Breakfast Prices

- Regular: \$1.35
- Reduced: \$0.40
- Adult: \$1.85

Breakfast Includes:

Fresh or Cupped Fruit, 100% Juice,
Fat Free Skim Milk or Fat Free Chocolate Milk
Cereal served with Whole Grain Jungle Crackers

If you have any questions or would like additional information regarding this menu please contact your food service director Michelle Curran at 978-597-8721

 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.