

# Colonial Academy Breakfast

## October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All Breakfast come with 100% 4oz juice and 4 oz fruit=1 cup</b></p> <p><b>fresh Fruit could include: Apples, Oranges, Bananas, Pears choice of Milk</b></p>				
3 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	4 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	5 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	6 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	7 Strawberry w/g pop tart  Frosted Flakes Graham Crackers
10 <b>No School</b>	11 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	12 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	13 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	14 Strawberry w/g pop tart  Frosted Flakes Graham Crackers
17 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	18 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	19 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	20 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	21 Strawberry w/g pop tart  Frosted Flakes Graham Crackers
24 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	25 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	26 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	27 Strawberry w/g pop tart  Frosted Flakes Graham Crackers	28 3 Strawberry w/g pop tart  Frosted Flakes Graham Crackers
31 Strawberry w/g pop tart  Frosted Flakes Graham Crackers				

Choices of Milk/Milk alternative: 1% White Milk, Fat Free Strawberry, Fat Free Chocolate, Lactaid