

October 2024 Breakfast

Grade Pre- K-8 Grades



OCTOBER - 2024

Breakfast	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	Week VI
	<b>Glazed Honey Breakfast Bun</b>	<b>Eggo Froot Loop Waffle</b>	<b>Lemon Poppyseed Breakfast Bread</b>	<b>Stuffed Cream Cheese Mini Bagels</b>	
	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)	
<b>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.</b>					

Breakfast	Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024	Week I
	<b>Cinnamon Toast Crunch Big Cereal Bowl (Low Sugar)</b>	<b>Banana Chocolate Chip Oatmeal Round</b>	<b>Orange Dream Muffin</b>	<b>Mini Cinnis</b>	<b>Chocolate Cake Donut</b>	
	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)	
<b>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.</b>						

Breakfast	Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024	Week II
	<b>Maple Snack'n Waffle</b>	<b>Assorted Big Cereal Bowl</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	
	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)	
<b>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.</b>						

Breakfast	Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024	Week III
	<b>Cinnamon Chex Big Cereal Bowl</b>	<b>Chocolate Swirl</b>	<b>French Toast Breakfast Bread</b>	<b>Cake Glazed Donut</b>	<b>WG Large Muffin</b>	
	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)	
<b>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.</b>						

Breakfast	Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Week IV
	<b>WG Brekkie</b>	<b>Honey Cheerios Big Cereal Bowl</b>	<b>Banana Loaf</b>	<b>Choco Crisp Belgian Waffle</b>	
	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)	
<b>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.</b>					

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

Skim & 1% milk served daily.

This menu is 100% pork-free.

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

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



NOVEMBER 2024 Menu (Subject to Change)						
<b>Breakfast</b>	<p><b>What is CKC Good Food's Role in supporting Farm Fresh Foods?</b></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><b>Cinnamon Toast Crunch Muffin</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; 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>	<b>Week IV</b>
	<p>Monday, November 4, 2024</p> <p><b>Trix Big Cereal Bowl</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p>Tuesday, November 5, 2024</p> <p><b>Confetti Pancake Bites</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p>Wednesday, November 6, 2024</p> <p><b>Banana Chocolate Chip Muffin</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p>Thursday, November 7, 2024</p> <p><b>Caramel Mini Cinnis</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	<p>Friday, November 8, 2024</p> <p><b>Blueberry Snack'n Waffle</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; Second Fruit (1 item each)</p>	
<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>						
<b>Breakfast</b>	<p>Monday, November 11, 2024</p> <p><b>Cocoa Puffs Big Cereal Bowl</b></p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk &amp; 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>					<b>Week VI</b>