

Fresh, Healthy, Good Food
Every Day!



October 2017 9-12 Healthy Hot/Cold Quick Breakfast

this institution is an equal opportunity provider

Week 1	Monday, October 2, 2017	Tuesday, October 3, 2017	Wednesday, October 4, 2017	Thursday, October 5, 2017	Friday, October 6, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Breakfast Pizza (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Blueberry Pomegranate Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Whole Grain Cinnamon Roll (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Fruit Frudel (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 2	Monday, October 9, 2017	Tuesday, October 10, 2017	Wednesday, October 11, 2017	Thursday, October 12, 2017	Friday, October 13, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Tasty Toast (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GNB Breakfast Brekkie (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GNB Lemon Poppyseed Bread (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Breakfast Burrito (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 3	Monday, October 16, 2017	Tuesday, October 17, 2017	Wednesday, October 18, 2017	Thursday, October 19, 2017	Friday, October 20, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Egg Ham & Cheese Croissant (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Blueberry Pomegranate Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GMills "Cleaner Label" Cereal Bar (1 comp) Cheese Stick (1 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pancake on a Stick (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 4	Monday, October 23, 2017	Tuesday, October 24, 2017	Wednesday, October 25, 2017	Thursday, October 26, 2017	Friday, October 27, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC English Muffin Egg & Cheese Sand (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	AW Strawberry Oatmeal Bar (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	GNB Banana Breakfast Bread (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	Pillsbury "Cleaner Label" Fruit Frudel (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)
	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily	or Chef's Choice Daily
Week 5	Monday, October 30, 2017	Tuesday, October 31, 2017	Wednesday, November 1, 2017	Thursday, November 2, 2017	Friday, November 3, 2017
	Assorted Cereal Bowl (1 comp) (Multiple options under 6 grams sugar) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)	BC Ham & Cheese Croissant (2 comp) Choice 100% Real Fruit Juice (1 comp) Raisins or 1/2 Cup Fruit (1 comp) Choice Milk (1 comp)			
	or Chef's Choice Daily	or Chef's Choice Daily			

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily