

October

2021

Shelton Public Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	We are an equal opportunity provider.		All meals are served with low fat or skim milk.		1 Low fat yogurt WG donut Fruit Juice Milk	2
3	4 WG pancakes Bacon strips Fruit Juice Milk	5 Cereal choice Scooby snack Fruit Juice Milk	6 Sausage egg biscuit Fruit Juice Milk	7 Cereal bar Sunflower seeds Fruit Juice Milk	8 Low fat yogurt WG breakfast round Fruit Juice Milk	9
10	11 Breakfast Pizza Fruit Juice Milk	12 Cereal bar Sunflower seeds Fruit Juice Milk	13 Biscuits w/sausage gravy Fruit Juice Milk	14 Cereal choice Scooby snack Fruit Juice Milk	15 Low fat yogurt WG cinnamon roll Fruit Juice Milk	16
17	18 French toast Sausage patty Fruit Juice Milk	19 Cereal choice Scooby snack Fruit Juice Milk	20 Breakfast burrito Fruit Juice Milk	21 Cereal bar Sunflower seeds Fruit Juice Milk	22 NO SCHOOL FALL BREAK	23
24	25 NO SCHOOL FALL BREAK	26 Cereal bar Sunflower seeds Fruit Juice Milk	27 Cheese omelet WG toast Fruit Juice Milk	28 Wg pancakes Sausage patties Fruit Juice Milk	29 Low fat yogurt WG donut Fruit Juice Milk	30
31						