



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



BREAKFAST

MONDAY



WG Assorted Cereal
Yogurt
Fruit Cup
Juice Cup
Milk

06

TUESDAY



WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

07

WEDNESDAY

*WG = Whole Grain
1 percent milk
provided daily.

01

WG Mini Cinni Roll
Yogurt
Fruit Cup
Juice Cup
Milk

08

THURSDAY

NO
SCHOOL

02

WG Breakfast Pizza Bagel
String Cheese
Fruit Cup
Juice Cup
Milk

09

FRIDAY

NO
SCHOOL

03

WG Apple Frudel
String Cheese
Fruit Cup
Juice Cup
Milk

10

WG Assorted Muffins
Yogurt
Fruit Cup
Juice Cup
Milk

13

WG Breakfast Pizza Bagel
String Cheese
Fruit Cup
Juice Cup
Milk

14

WG Assorted Cereal
Yogurt
Fruit Cup
Juice Cup
Milk

15

NO
SCHOOL

16

NO
SCHOOL

17

WG Mini Cinni Roll
Yogurt
Fruit Cup
Juice Cup
Milk

20

WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

21

WG Apple Frudel
String Cheese
Fruit Cup
Juice Cup
Milk

22

WG Assorted Muffins
Yogurt
Fruit Cup
Juice Cup
Milk

23

WG Assorted Cereal
Yogurt
Fruit Cup
Juice Cup
Milk

24

WG Breakfast Pizza Bagel
String Cheese
Fruit Cup
Juice Cup
Milk

27

WG Assorted Muffins
Yogurt
Fruit Cup
Juice Cup
Milk

28

WG Pancakes
String Cheese
Fruit Cup
Juice Cup
Milk

29

WG Mini Cinni Roll
Yogurt
Fruit Cup
Juice Cup
Milk

30

WG Apple Frudel
String Cheese
Fruit Cup
Juice Cup
Milk

31



St. John's Lutheran School

*This institution is an equal opportunity provider.

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