



Breakfast Menu for Ram's Kitchen

OCT 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Cereal	4	Cereal	5	Cereal	6	Cereal	7	Half Day
1) Bagels and Cream Cheese 2) Yogurt Honeydew Melon		1) Breakfast Burrito 2) Muffin Grapes		1) Donuts 2) Yogurt Apples		1) Breakfast Sandwich 2) Breakfast bar Strawberries		1) Pop-Tarts 2) Yogurt and Granola Oranges	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10		11		12		13		14	
FALL BREAK		FALL BREAK		FALL BREAK		FALL BREAK		FALL BREAK	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	Cereal	18	Cereal	19	Cereal	20	Cereal	21	Cereal
1) Assorted Muffins 2) Yogurt Apples		1) French Toast sticks 2) Breakfast Burrito Grapes		1) Donuts 2) Churro Bananas		1) Biscuits and Gravy 2) Muffins Oranges		1) Pop-tarts 2) Yogurt and granola	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
24	Cereal	25	Cereal	26	Half Day	27	Cereal	28	Cereal
1) Bagel and Cream Cheese 2) Yogurt & Granola Apples		1) Assorted Muffins 2) Yogurt and Granola Bananas		1) Cinnamon Roll Cantaloupe		1) Pop-Tarts, Yogurt Grapes		1) Breakfast Pizza Apples	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
31	Cereal								
1) French Toast Fingers 2) Witchy Waffles Grapes									

%50 or more of all grains are whole grains

*Menu subject to change

This institution is an equal opportunity provider
1% or 2% milk served with every breakfast