

Menu Name : K-12 A Bagged Breakfast w Cereal Menu		Meal Pattern : NSLP		Meal : Breakfast		
Grade Level / Age Group : K-12 Grades		OCTOBER - 2024				
Breakfast	October is 'Farm-To-School' Month	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024	
		Glazed Honey Breakfast Bun	Eggo Froot Loop Waffle	Lemon Poppyseed Breakfast Bread	Stuffed Cream Cheese Mini Bagels	
		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)	
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.						
Breakfast		Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024
		Cinnamon Toast Crunch Big Cereal Bowl (Low Sugar)	Banana Chocolate Chip Oatmeal Round	Orange Dream Muffin	Mini Cinnis	Chocolate Cake Donut
		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)
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.						
Breakfast		Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024
		Maple Snack'n Waffle	Assorted Big Cereal Bowl	Trix Big Muffin	Pancake Puffs Pack	Vanilla Boli
		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)
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.						
Breakfast		Monday, October 21, 2024	Tuesday, October 22, 2024	Wednesday, October 23, 2024	Thursday, October 24, 2024	Friday, October 25, 2024
		Cinnamon Chex Big Cereal Bowl	Chocolate Swirl	French Toast Breakfast Bread	Cake Glazed Donut	WG Large Muffin
		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)
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.						
Breakfast		Monday, October 28, 2024	Tuesday, October 29, 2024	Wednesday, October 30, 2024	Thursday, October 31, 2024	Farm-To-School - What & Why? October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies.
		WG Brekkie	Honey Cheerios Big Cereal Bowl	Banana Loaf	Choco Crisp Belgian Waffle	
		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)	
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.						

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

Skim & 1% milk served daily.

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

This menu is 100% pork-free.

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

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