

# October Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	NEW! Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams NEW! Maple Beef Sausage & Pancake Sandwich	NEW! Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich Blueberry Muffin	Cinnamon Roll NEW! Froot Loops Cereal w/ Honey Grahams Egg & Cheese Empanada
7	8	9	10	11
Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Cinnamon Chex Cereal w/ Honey Grahams Pancakes w/ Syrup Bagel w/ Cream Cheese	Banana Bread Cheerios Cereal w/ Honey Grahams NEW! Egg Scramble w/ Roasted Potatoes & Dinner Roll	NEW! Sweet Potato Sunrise Muffin Breakfast Burrito Frosted Flakes Cereal w/ Honey Grahams	Conchita w/ String Cheese NEW! Apple Jacks Cereal w/ Honey Grahams Waffle w/ Syrup
14	15	16	17	18
Cheerios Cereal w/ Honey Grahams French Toast Sticks w/ Syrup Halloween Concha (Orange-Colored)	Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	NEW! Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams NEW! Maple Beef Sausage & Pancake Sandwich	NEW! Chocolate Chip Muffin Top NEW! Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Cinnamon Roll NEW! Froot Loops Cereal w/ Honey Grahams Egg & Cheese Empanada
21	22	23	24	25
Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich	Yogurt w/ Honey Grahams Cinnamon Chex Cereal w/ Honey Grahams Pancakes w/ Syrup	Banana Bread Cheerios Cereal w/ Honey Grahams NEW! Egg Scramble w/ Roasted Potatoes & Dinner Roll	NEW! Sweet Potato Sunrise Muffin Cinnamon Chex Cereal w/ Honey Grahams Breakfast Burrito	Conchita w/ String Cheese NEW! Apple Jacks Cereal w/ Honey Grahams Waffle w/ Syrup
28	29	30	31	
Cheerios Cereal w/ Honey Grahams French Toast Sticks w/ Syrup NEW! Double Chocolate Chip Muffin	Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams Breakfast Burrito	NEW! Strawberry Yogurt Parfait w/ Cinnamon Granola Cinnamon Chex Cereal w/ Honey Grahams NEW! Maple Beef Sausage & Pancake Sandwich	NEW! Apple Jacks Cereal w/ Honey Grahams Egg & Cheese English Muffin Sandwich Halloween Concha (Orange-Colored)	

<i>Breakfast Includes:</i>	<i>Featured Fruit:</i>	<i>RevUp Rewards:</i>
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Applesauce Cup (1/2 C), Orange (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>

