

# OCTOBER | 2022



## LOGAN-HOCKING CHIEFTAIN-UF&HH BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Warm Cinnamon Toast Crunch Breakfast Pastry Cheese Stick Fruit Juice Milk</p>	<p><b>4</b> Warm Chocolate Chip Muffin Cheese Stick Pear Cup Milk</p>	<p><b>5</b> Breakfast Hot Pocket Fruit Juice Milk</p>	<p><b>6</b> Warm Lemon Crunch Bar Gogurt Tube Apple Slices Milk</p>	<p><b>7</b> Breakfast Kit Cinnamon Toast Cereal Graham Cracker Juice Cup Milk</p>
<p><b>10</b> Super Donut Cheese Stick Pear Cup Milk</p>	<p><b>11</b> Sausage Patty Pancakes Fruit Juice Milk</p>	<p><b>12</b> Warm Blueberry Muffin Yogurt Peach Cup Milk</p>	<p><b>13</b> Mini Cinnamon Rolls Graham Cracker Apple Milk</p>	<p><b>14</b> Breakfast Kit Trix Cereal Goldfish Graham Fruit Juice Milk</p>
<p><b>17</b> No School Staff in Service</p>	<p><b>18</b> Strawberry Pancake Bowl Cheese Stick Milk</p>	<p><b>19</b> Sausage and Cheese Biscuit Juice Cup Milk</p>	<p><b>20</b> Danimals Yogurt Lil Grahams Apple Slices Milk</p>	<p><b>21</b> Breakfast Kit Cocoa Puffs Cereal Graham Cracker Fruit Juice Milk</p>
<p><b>24</b> Warm Strawberry Bagel Cheese Stick Fruit Juice Milk</p>	<p><b>25</b> Warm Banana Muffin Gogurt Tube Fruit Cup Milk</p>	<p><b>26</b> Breakfast Hot Pocket Apple Milk</p>	<p><b>27</b> Peach Pancake Bowl Cheese Stick Milk</p>	<p><b>28</b> Breakfast Kit Lucky Charms Cereal Graham Crackers Fruit Juice Milk</p>
<p><b>31</b> Warm Chocolate Chip Muffin Cheese Stick Pear Cup Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### ***News***

**1/2 CUP FRUIT  
100% FRUIT JUICE  
ALL WHOLE GRAIN  
1OZ. MEAT/MEAT  
ALTERNATIVE  
1% WHITE OR  
CHOCOLATE MILK**

### **FRUITS**

**APPLE,  
APPLESAUCE,  
ORANGES,  
GRAPES,  
PEACHES, PEARS,  
BANANAS,  
APRICOTS,  
STRAWBERRIES,  
and CRAISINS**

**SERVED IN  
CAFETERIA DAILY**

**\*MENU SUBJECT TO CHANGE**

**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
EMPLOYER**