

# OCTOBER | 2022



## LOGAN-HOCKING SCHOOLS HS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>Blueberry Muffin Graham Cracker Strawberry Cup Milk</p>	<p><b>4</b></p> <p>Cooks Choice Milk</p>	<p><b>5</b></p> <p>Ham and Cheese Breakfast Pocket Pear Cup Milk</p>	<p><b>6</b></p> <p>Lemon Crunch Bar Lil Squares Apple Milk</p>	<p><b>7</b></p> <p>Chocolate Chip Muffin 2 Cheese Sticks Banana Milk</p>
<p><b>10</b></p> <p>Blueberry Lemon Bites Gripz Crackers Banana Milk</p>	<p><b>11</b></p> <p>Cinnamon Bun Graham Cracker Apple Slices Milk</p>	<p><b>12</b></p> <p>Blueberry Nutri-Grain Bar 2 Cheese Stick Fruit Juice Milk</p>	<p><b>13</b></p> <p>Mini Cinnamon Rolls Graham Cracker Strawberry Cup Milk</p>	<p><b>14</b></p> <p>Chocolate Muffin 2 Cheese Stick Banana Milk</p>
<p><b>17</b></p> <p>No School Staff in Service</p>	<p><b>18</b></p> <p>Cooks Choice Milk</p>	<p><b>19</b></p> <p>2 Fudge Pop Tarts 2 Cheese Stick Apple Milk</p>	<p><b>20</b></p> <p>Mini Strawberry Cream Cheese Bagel 2 Cheese Stick Fresh Pear Milk</p>	<p><b>21</b></p> <p>Cinnamon Stuffed Pretzel 2 Cheese Stick Banana Milk</p>
<p><b>24</b></p> <p>Blueberry Belgium Waffle Gogurt Tube Banana Milk</p>	<p><b>25</b></p> <p>Ham and Cheese Breakfast Pocket Orange Quarters Milk</p>	<p><b>26</b></p> <p>Strawberry Pancake Bowl Fruit Juice Milk</p>	<p><b>27</b></p> <p>Strawberry Nutri-Grain Bar 2 Cheese Stick Strawberry Cup Milk</p>	<p><b>28</b></p> <p>Yoplait Yogurt Cup Graham Cracker Banana Milk</p>
<p><b>31</b></p> <p>2 Strawberry Pop Tarts Peach Cup Milk</p> <p><b>Halloween Day</b></p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### News

**Grab-N-Go**  
Breakfast Offered Daily  
Menu Subject to change

### Nutrition

1 C. Fruit  
(100% Fruit Juice  
Offered Daily)  
All Whole Grain Breads  
1oz. Meats/Meat  
Alternative  
1 Pint 1%White or  
Chocolate Milk

### FRUIT

Apple-Apple Sauce  
Oranges-Grapes  
Peaches-Pears  
Tropical Fruit  
Strawberry Cup  
Mandarin Oranges  
Juice-Apricots  
Raisins

THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER

\*Menu Subject to Change