

OCTOBER | 2022



LOGAN-HOCKING SCHOOLS MS BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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