

OCTOBER | 2022

Most Blessed Sacrament School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 WG Breakfast Bar Orange Juice Milk	4 WG Breakfast Bread Apple Milk	5 WG Breakfast Round Banana Milk	6 WG Frudel Pear Milk	7 WG Cereal Granola Bar Orange juice Milk
10 WG Pop Tart Orange Juice Milk	11 WG Strawberry Bagel Apple Milk	12 WG Donuts Banana Milk	13 WG Mini Cinnamon Rolls Pear Milk	14 WG Breakfast Bar Orange Juice Milk
17 WG Cereal WG Oatmeal Bar Milk	18 WG Breakfast Bread Apple Milk	19 No School	20 No School	21 No School
24 WG cereal Granola Bar Milk	25 Cinnamon Roll Apple Milk	26 WG Bagel Cream cheese Pear Milk	27 WG Donut Pear Milk	28 WG Breakfast Bread Orange Juice Milk
31 WG Pop Tart Orange Juice Milk	1	2	3	4

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free