



**MATER DOLOROSA
BREAKFAST MENU
OCTOBER 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
10/3	10/4	10/5	10/6	10/7
Whole Grain Apple Cinnamon Muffin	Cinnamon Toaster Pastry	Chocolate Chip French Toast	Tropical Breakfast Round	Yogurt Cup
String Cheese	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese	Graham Crackers
Raisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
10/10	10/11	10/12	10/13	10/14
NO SCHOOL	Cinnamon Toast Crunch Cereal	Mini Strawberry Bagels	Whole Grain Cinnamon Roll	Whole Wheat Bagel Cream Cheese Cup
	String Cheese	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker
	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
10/17	10/18	10/19	10/20	10/21
Cinnamon Stuffed Bagel	Blueberry Bash Mini Waffles	Whole Grain Banana Muffin	Sausage, Egg, and Cheese on Whole Grain Biscuit	Oatmeal Raisin Round
Cinnamon Goldfish Cracker	String Cheese	String Cheese	Cinnamon Goldfish Cracker	String Cheese
Watermelon Craisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
10/24	10/25	10/26	10/27	10/28
Banana Ultra Bread	Whole Grain Cherry Frudel	Maple French Toast Bites	Whole Grain Blueberry Muffin	Strawberry Guava Danish
String Cheese	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker	String Cheese
Raisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
10/31	11/1	11/2	11/3	11/4
NO SCHOOL	Strawberry Toaster Pastry	Maple Mini Waffles	Sausage, Egg, and Cheese on Whole Grain English Muffin	Yogurt Cup
	String Cheese	String Cheese	Cinnamon Goldfish Cracker	Graham Crackers
	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	