

OCTOBER 2021

St. Edwards Catholic School

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal **4**
Whole Wheat Toast
100% Fruit Juice
Fruit
Low Fat Milk

French Toast **5**
Sticks
Fruit
Fruit Smoothie
Low Fat Milk

Sausage Biscuit **6**
100% Fruit
Juice
Fruit
Low Fat Milk

Yogurt Parfait **7**
Maple Breakfast Bar
Fruit
Low Fat Milk

1
No School

Cereal **11**
Whole Wheat Toast
100% Fruit Juice
Fruit
Low Fat Milk

Egg & Cheese **12**
Sandwich
Fruit
Low Fat Milk

Oatmeal Muffin **13**
Fruit
Low Fat Milk

French Toast **14**
Sticks
Fruit
Low Fat Milk

Cereal **8**
Muffin
100% Fruit Juice
Fruit
Low Fat Milk

Cereal **15**
Muffin
100% Fruit Juice
Fruit
Low Fat Milk

Cereal **18**
Whole Wheat Toast
100% Fruit Juice
Fruit
Low Fat Milk

Pancakes **19**
Raisins
Fruit
Low Fat Milk

Sausage Biscuit **20**
Fruit
Milk

Yogurt Parfait **21**
Muffin
Fruit
Low Fat Milk

Cereal **22**
Muffin
100% Fruit Juice
Fruit
Low Fat Milk

Cereal **25**
Whole Wheat Toast
100% Fruit Juice
Fruit
Low Fat Milk

Oatmeal Muffin **26**
Fruit
Low Fat Milk

Pancake on a Stick **27**
Cliff Bar
Fruit
Low Fat Milk

Egg & Cheese **28**
Sandwich
Fruit
Low Fat Milk

29
No School

