



**October 2016
Breakfast
Academy for Urban
Leadership**



**Our menus are aligned with the USDA's
"Healthier US School Challenge."**

3 Cold Cereal Kit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	4 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	5 Sausage, Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	6 Bagel w/ Butter/Jelly Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	7 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk
10  COLUMBUS DAY	11 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	12 Sausage, Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	13 Bagel w/ Butter/Jelly Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	14 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk
17 Cold Cereal Kit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	18 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	19 Sausage, Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	20 Bagel w/ Butter/Jelly Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	21 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk
24 Cold Cereal Kit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	25 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	26 Sausage, Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	27 Bagel w/ Butter/Jelly Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk	28 Egg & Cheese on Biscuit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk
31 Cold Cereal Kit Fresh Fruit or Fruit Cup 100% Juice Low fat and Fat free milk				

Menu is subject to change

Offered Daily:
Assorted Pop-tarts
Yogurt Bag
Bagel Bag
Fruit & Yogurt Parfaits