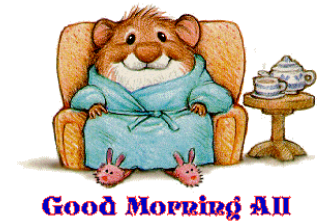


October 2017

LMS & CHS Grab & Go Breakfast Menu



Mon	Tue	Wed	Thu	Fri
2 Cereal & Muffin Fruit Juice Milk	3 Cereal Bar & Graham Cracker Fruit Juice Milk	4 Oatmeal Bar & Graham Cracker Fruit Juice Milk	5 Cereal Bar & Graham Cracker Fruit Juice Milk	6 Cereal & Muffin Fruit Juice Milk
9 Cereal & Pop Tart Fruit Juice Milk	10 Cereal Bar & Graham Crkr. Fruit Juice Milk	11 Oatmeal Bar & Graham Cracker Fruit Juice Milk	12 Cereal & Muffin Fruit Juice Milk	13 Cereal Bar & Graham Crkr. Fruit Juice Milk
16 Muffin & Pop tart Fruit Juice Milk	17 Cereal Bar & Backpackers Fruit Juice Milk	18 Pop Tart & Graham Cracker Fruit Juice Milk	19 Cereal Bar & Backpackers Fruit Juice Milk	20 Pop Tart & Oatmeal Bar Fruit Juice Milk
23 <i>Schools Closed</i>	24 Muffin & Graham Cracker Fruit Juice Milk	25 Cereal Bar & Graham Cracker Fruit Juice Milk	26 Pop tart & Graham Cracker Fruit Juice Milk	27 Backpackers & Graham Crkr. Fruit Juice Milk
30 Cereal Bar & Graham Crkr Fruit Juice Milk	31 Oatmeal Bar & Graham Crkr. Fruit Juice Milk	“USDA is an equal opportunity provider and employer.”	Families may apply for Free & Reduced meals any time during the school year.	Menus are subject to change.