



Cresthaven Acad W. 7th

October 2023

Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES	ALTERNATIVES
		<p><i>All of our food is made fresh Daily.</i></p>				
1	<p>2 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	<p>3 Eggo Mini Blueberry Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz</p>	<p>4 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz</p>	<p>5 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz</p>	<p>6 W.G Apple Jack 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	7
8	<p>9 SCHOOL CLOSED</p>	<p>10 Oatmeal Raisin Breakfast Bar 1ea-2.5oz Whole Grain Frosted Flakes 1ea 100% Orange Juice 4oz 1% Milk 8oz</p>	<p>11 Whole Grain Cinnamon Toast Crunch 1ea Granny Smith Green Apple 1ea 1% Milk 8oz</p>	<p>12 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz</p>	<p>13 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	14
15	<p>16 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz</p>	<p>17 Eggo Mini Maple Pancakes 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz</p>	<p>18 Whole Grain Fruit Loops 1ea Granny Smith Green Apple 1ea 1% Milk 8oz</p>	<p>19 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz</p>	<p>20 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	21
22	<p>23 Whole Grain Rice Krispies 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	<p>24 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz</p>	<p>25 Whole Grain Apple Jacks 1ea Granny Smith Green Apple 1ea 1% Milk 8oz</p>	<p>26 W.G Strawberry Poptart 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz</p>	<p>27 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	28
29	<p>30 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz</p>	<p>31 Eggo Mini Blueberry Pancakes 1ea 100% Orange Juice 4oz 100% Apple Juice 4oz 1% Milk 8oz</p>				