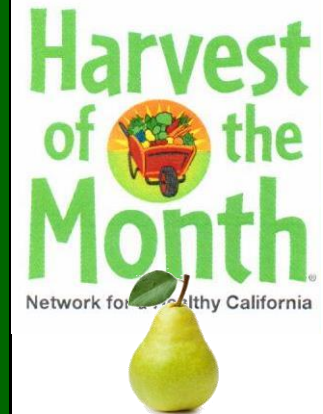


October 2017

HUGO REID BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHOCOLATE MUFFIN* ASSORTED CEREALS*	3 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	4 CHOCOLATE MUFFIN* ASSORTED CEREALS*	5 YOGURT PARFAIT* HONEY LEMON LOAF*	6 STAFF DEVELOPMENT DAY
9 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*	10 MINIMUM DAY BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	11 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*	12 MINIMUM DAY YOGURT PARFAIT* HONEY LEMON LOAF*	13 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*
16 CHOCOLATE MUFFIN* ASSORTED CEREALS*	17 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	18 CHOCOLATE MUFFIN* ASSORTED CEREALS*	19 YOGURT PARFAIT* HONEY LEMON LOAF*	20 CHOCOLATE MUFFIN* ASSORTED CEREALS*
23 CHOCOLATE MUFFIN* ASSORTED CEREALS*	24 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	25 CHOCOLATE MUFFIN* ASSORTED CEREALS*	26 COLLABORATION DAY YOGURT PARFAIT* HONEY LEMON LOAF*	27 CHOCOLATE MUFFIN* ASSORTED CEREALS*
30 CHOCOLATE MUFFIN* ASSORTED CEREALS*	31 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*			



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must take at least 3 items
(meat, grain, fruit, juice, or milk)

1 must be a fruit

All meals are low sodium and all grains are whole grains!