


2 Apple Muffin w/ Yogurt <i>side items</i> Applesauce 100% Fruit Juice, Low-Fat Milk	3 Cinnamon Toast Crunch Cereal <i>side items</i> Orange Wedges 100% Fruit Juice, Low-Fat Milk	4 Cinnamon Granola Round <i>side items</i> Applesauce 100% Fruit Juice, Low-Fat Milk	5 Blueberry Muffin w/ String Cheese <i>side items</i> Orange Wedges 100% Fruit Juice, Low-Fat Milk	6 Shri Bark <i>side items</i> Raisins 100% Fruit Juice, Low-Fat Milk
9 No School Columbus Day <i>side items</i>	10 Cheerios Cereal w/ Yogurt <i>side items</i> Banana 100% Fruit Juice, Low-Fat Milk	11 Apple Cinnamon Muffin w/ String Cheese <i>side items</i> Apple Slices 100% Fruit Juice, Low-Fat Milk	12 Shri Bark <i>side items</i> Banana 100% Fruit Juice, Low-Fat Milk	13 Bagel w/ Cream Cheese <i>side items</i> Orange Wedges, Diced Pears 100% Fruit Juice, Low-Fat Milk
16 Rice Krispies Cereal <i>side items</i> Pineapple Tidbits 100% Fruit Juice, Low-Fat Milk	17 French Toast Benefit Bar <i>side items</i> Raisins 100% Fruit Juice, Low-Fat Milk	18 Cinnamon Granola Round <i>side items</i> Pineapple Tidbits 100% Fruit Juice, Low-Fat Milk	19 Cheerios Cereal w/ Yogurt <i>side items</i> Raisins 100% Fruit Juice, Low-Fat Milk	20 Rice Krispies Cereal w/ Yogurt <i>side items</i> Fresh Apple 100% Fruit Juice, Low-Fat Milk
23 Cinnamon Toast Crunch Cereal w/ Yogurt <i>side items</i> Orange Wedges 100% Fruit Juice, Low-Fat Milk	24 Blueberry Muffin w/ String Cheese <i>side items</i> Mixed Fruit 100% Fruit Juice, Low-Fat Milk	25 Cheerios Cereal w/ Yogurt <i>side items</i> Orange Wedges 100% Fruit Juice, Low-Fat Milk	26 Shri Bark <i>side items</i> Mixed Fruit 100% Fruit Juice, Low-Fat Milk	27 Bagel w/ Cream Cheese <i>side items</i> Orange Wedges, Diced Pears 100% Fruit Juice, Low-Fat Milk
30 Cinnamon Raisin Bagel w/ Cream Cheese <i>side items</i> Mixed Fruit 100% Fruit Juice, Low-Fat Milk	31 Halloween Shri Bark <i>side items</i> Raisins 100% Fruit Juice, Low-Fat Milk	1 Apple Cinnamon Cheerios w/ Yogurt <i>side items</i> Mixed Fruit 100% Fruit Juice, Low-Fat Milk	2 Oatmeal Raisin Benefit Bar <i>side items</i> Raisins 100% Fruit Juice, Low-Fat Milk	3 Blueberry Muffin w/ String Cheese <i>side items</i> Fresh Grapes, Pineapple 100% Fruit Juice, Low-Fat Milk



Please turn in your free/reduced applications as soon as possible. The grace period ends on October 18th.

 Local ingredients are always used when in season

 Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Make Payments Online at www.myschoolbucks.com



Eat Local!

We strive to offer the freshest fruit & vegetables for all our meals. Each month we offer local produce within 150 miles of Westerly!



Breakfast Prices:
 Reduced: \$0.30, Paid: \$1.60



Questions?

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