

# Canton Elementary Breakfast Menu for October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Whole Grains Available Daily			<b>10/1</b> Apple Frudel or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/2</b> Yogurt with Crackers or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk
<b>10/5</b> Powdered Superstar with Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/6</b> French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/7</b> Dreamy Orange Muffin with Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/8</b> Goody Ring or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/9</b> Breakfast Taco or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk
<b>10/12</b> Whole Grain Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/13</b> Bagel with Jelly or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/14</b> Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/15</b> Apple Frudel or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/16</b> Yogurt with Crackers or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk
<b>10/19</b> Powdered Superstar with Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/20</b> French Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/21</b> Dreamy Orange Muffin with Toast or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/22</b> Goody Ring or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/23</b> Breakfast Taco or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk
<b>10/26</b> Whole Grain Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/27</b> Bagel with Jelly or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/28</b> Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/29</b> Apple Frudel or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk	<b>10/30</b> Yogurt with Crackers or Assorted Whole Grain Cereal with Toast Chilled Juice Fresh Fruit Low Fat Milk

## What Makes a Breakfast Meal?

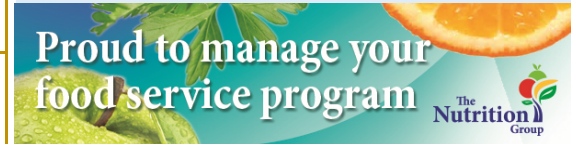
You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



**Milk Choices Offered Daily**  
 Fat Free White, Low Fat White



**Meal Prices:**  
**Every Student in The Canton Area School District is entitled to a FREE breakfast and a FREE lunch!**

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE