

OCTOBER 2023

Edinboro-McKean Elementary

BREAKFAST



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

Muffins
Or Cereal
Orange Wedges
Milk and Juice

2

TUESDAY

Bagel & Cream Cheese
Or Cereal
Mixed Fruit
Smoothies

3

WEDNESDAY

Breakfast Sandwich
Or Cereal
Fruit Cup
Milk and Juice

4

THURSDAY

French Toast Sticks
Or Cereal
Orange Slices
Smoothies
Milk

5

FRIDAY

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

6

9

NO SCHOOL

Mini Waffles
Or Cereal
Mandarin Oranges
Smoothies

10

Breakfast Sandwich
Or Cereal
Pears
Milk and Juice

11

Fruit Strudel
Or Cereal
Fresh Fruit
Smoothies
Milk

12

Breakfast Sandwich or
Cereal or Donuts
Pineapple
Milk and Juice

13

16

Muffins
Or Cereal
Orange Wedges
Milk and Juice

Bagel & Cream Cheese
Or Cereal
Mixed Fruit
Smoothies

17

Breakfast Sandwich
Or Cereal
Fruit Cup
Milk and Juice

18

French Toast Sticks
Or Cereal
Orange Slices
Smoothies
Milk

19

Breakfast Sandwich
Or
Cereal or Donuts
Applesauce
Milk and Juice

20

23

Funnel Cake
Or Cereal
Pears
Milk and Juice

Mini Waffles
Or Cereal
Mandarin Oranges
Smoothies

24

Breakfast Sandwich
Or Cereal
Pears
Milk and Juice

25

Fruit Strudel
Or Cereal
Fresh Fruit
Smoothies
Milk

26

Breakfast Sandwich or
Cereal or Donuts
Pineapple
Milk and Juice

27

30

Muffins
Or Cereal
Orange Wedges
Milk and Juice

Bagel & Cream Cheese
Or Cereal
Mixed Fruit
Smoothies

31

