

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams	2 Cinnamon Chex Cereal w/ Honey Grahams NEW! Maple Beef Sausage & Pancake Sandwich Blueberry Yogurt Parfait w/	3 NEW! Apple Jacks Cereal w/ Honey Grahams Blueberry Muffin	4 Cinnamon Roll NEW! Froot Loops Cereal w/ Honey Grahams
7 Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams	8 Cinnamon Chex Cereal w/ Honey Grahams Pancakes w/ Syrup	9 Banana Bread NEW! Egg Scramble w/ Roasted Potatoes & Dinner Roll	10 NEW! Sweet Potato Sunrise Muffin Frosted Flakes Cereal w/ Honey Grahams	11
14 French Toast Sticks w/ Syrup Halloween Concha (Orange-Colored)	15 Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams	16 NEW! Strawberry Yogurt Parfait w/ Cinnamon Granola NEW! Maple Beef Sausage & Pancake Sandwich	17 NEW! Chocolate Chip Muffin Top NEW! Apple Jacks Cereal w/ Honey Grahams	18 Cinnamon Roll NEW! Froot Loops Cereal w/ Honey Grahams
21 Cinnamon Crumble NEW! Froot Loops Cereal w/ Honey Grahams	22 Yogurt w/ Honey Grahams Pancakes w/ Syrup	23 Banana Bread NEW! Egg Scramble w/ Roasted Potatoes & Dinner Roll	24 NEW! Sweet Potato Sunrise Muffin Cinnamon Chex Cereal w/ Honey Grahams	25 Conchita w/ String Cheese NEW! Apple Jacks Cereal w/ Honey Grahams
28 French Toast Sticks w/ Syrup NEW! Double Chocolate Chip Muffin	29 Mantecada Muffin NEW! Froot Loops Cereal w/ Honey Grahams	30 NEW! Strawberry Yogurt Parfait w/ Cinnamon Granola NEW! Maple Beef Sausage & Pancake Sandwich	31 Halloween Concha (Orange-Colored)	

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of Fat Free White Milk or 1% Low Fat White Fruit of the Day Vegetarian *Cereal Served w/ Honey Grahams	100% Fruit Juice 4 oz, Pear (1/2 C), Apple Slices (1/2 C), Apple (1/2 C), Banana (1/2 C), Dried Cranberries (1/2 C), Applesauce Cup (1/2 C), Orange (1/2 C)	Scan Our QR Code Daily Complete the Survey You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

