| [◄ September](https://www.wincalendar.com/Holiday-Calendar/September-2020" \o "September 2020) | **October 2020 Breakfast** | | | | | [November ►](https://www.wincalendar.com/Holiday-Calendar/November-2020) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | Notes Eating right is a balancing act. Start each day of with a balanced breakfast at school and you will be ready to juggle the challenges of the day. |  |  | 1  French Toast  Syrup Cup or Cereal  Fruit Choice  Juice  Milk Choice | 2 | 3 |
| 4 | 5  Western Omelet Quesadilla Or Cereal with Tomato Salsa Pears Fruit Juice Choice Milk Choice | 6  Pancake on Stick or Cereal  Syrup Cup  Fruit Choice  Juice  Milk Choice | 7  Biscuit & Gravy Or Cereal Pineapple Chunks Fruit Juice Choice Milk Choice | 8  Breakfast Pizza  Applesauce Or Cereal Fruit Juice Choice Milk Choice | 9  Muffins Or Cereal  Yougurt  Fruit Choice Fruit Juice Choice Milk Choice | 10 |
| 11 | 12  Excellent Egg Taco with Tomato Salsa Or Cereal Graham Snacks Fresh Kiwi Fruit Juice Choice Milk Choice | 13  French Toast  Syrup Cup or Cereal  Fruit Choice  Juice  Milk Choice | 14  Sausage & Egg Buscuit Or Cereal  Peaches Fruit Juice Choice Milk Choice | 15  Pancake on Stick or Cereal  Syrup Cup  Fruit Choice  Juice  Milk Choice | 16  Cinnamon rolls Or Cereal  Yougurt  Pineapple  Fruit Juice  Milk Choice | 17 |
| 18 | 19  Western Omelet Quesadilla Or Cereal with Tomato Salsa Pears Fruit Juice Choice Milk Choice | 20  Pancake on Stick or Cereal  Syrup Cup  Fruit Choice  Juice  Milk Choice | 21  Biscuit & Gravy Or Cereal Pineapple Chunks Fruit Juice Choice Milk Choice | 22  Breakfast Pizza  Applesauce Or Cereal Fruit Juice Choice Milk Choice | 23  Muffins Or Cereal  Yougurt  Fruit Choice Fruit Juice Choice Milk Choice | 24 |
| 25 | 26  Excellent Egg Taco with Tomato Salsa Or Cereal Graham Snacks Fresh Kiwi Fruit Juice Choice Milk Choice | 27  French Toast  Syrup Cup or Cereal  Fruit Choice  Juice  Milk Choice | 28  Sausage & Egg Buscuit Or Cereal  Peaches Fruit Juice Choice Milk Choice | 29  Pancake on Stick or Cereal  Syrup Cup  Fruit Choice  Juice  Milk Choice | 30  Cinnamon rolls Or Cereal  Yougurt  Pineapple  Fruit Juice  Milk Choice | 31 |