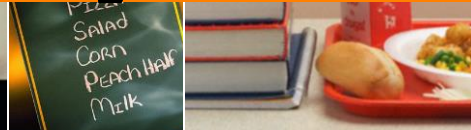


George Crockett Academy Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
Lucky Charms Fresh Apple Giant Cinnamon Goldfish 1% or FF White Milk 2	WG Pancake Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 3	WW Bagel Fresh Apple 1% or FF White Milk 4	Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk 5	6
9	WG Cinnamon French Toast Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 10	Granola Packet Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 11	French Toast Sticks w/ Syrup Fresh Banana Orange Juice 1% or FF White Milk 12	Breakfast Nutrition Bar 100% Juice Fresh Pear 1% or FF White Milk 13
Cinnamon Toast Crunch Cereal 100% Juice Mini Vanilla Wafers Craisins 1% or FF White Milk 16	WG Pancake Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 17	Honey Wheat Bagel with Jam Fresh Apple 1% or FF White Milk 18	Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk 19	Trix Cereal 100% Juice Animal Grahams Fresh Orange 1% or FF White Milk 20
Lucky Charms Cereal 100% Juice Mini Vanilla Wafers Craisins 1% or FF White Milk 23	WG Cinnamon French Toast Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk 24	WG Goldfish Grahams Fresh Apple Dannon Nonfat Creamy Yogurt 1% or FF White Milk 25	WG Pancake Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk 26	Golden Grahams 100% Juice Mini Vanilla Wafers Fresh Orange 1% or FF White Milk 27
Lucky Charms Fresh Apple Giant Cinnamon Goldfish 1% or FF White Milk 30	WG Pancake Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk Happy Halloween! 31			



Thought for Thought

Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours. - Dale Carnegie

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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"or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.
****Menu Subject to Change****
 This institution is an equal opportunity provider.