



4K Breakfast Menu

October 2019

1

Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

2

Chex Cereal

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

3

Frosted Mini
Wheats

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

4

Mini Strawberry
Cream Cheese
Bagels

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

7

Rice Krispies

100% Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

8

Banana Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

9

Cheerios

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

10

Strawberry Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

11

No School

14

Cheerios

Fresh Fruit
100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

15

Rice Krispies

100% Fruit Juice
Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

16

Banana Muffin

Fresh Fruit
100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

17

Strawberry Yogurt

Fresh Fruit
100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

18

Frosted Mini
Wheats

Fresh Fruit
100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

21

Rice Krispies

Fresh Fruit
100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

22

Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

23

Rice Chex Cereal

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

24

Cheerios

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

25

Blueberry Muffin

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

28

Frosted Mini
Wheats

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

29

Banana Muffin

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

30

Cheerios

100% Fruit Juice
1% Unflavored Milk
Unflavored Skim Milk

31

Yogurt

Fresh Fruit
1% Unflavored Milk
Unflavored Skim Milk

Start your day off right
Enjoy a FREE breakfast daily!!!

More info...
foodservice@4beloitschools.net