



Frontenac Schools Breakfast OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS SERVED WITH JUICE AND MILK				1 Dutch Waffle Fruit
4 Cereal Choice Fruit	5 Pancake and Sausage on Stick Fruit	6 Mini Cinnis Fruit	7 Honey Bun Fruit	8 Sausage Biscuit Fruit
11 NO SCHOOL	12 Cereal Choice Fruit	13 Muffin Yogurt Fruit	14 Mini French Toast Fruit	15 Chicken & Waffle Fruit
18 Cereal Choice Fruit	19 Maple Burst Pancakes Fruit	20 Pop Tart Fruit	21 Cinnamon Cream Cheese Bagel Fruit	22 Mini Blueberry Waffle Fruit
25 Cereal Bar Fruit	26 Banana Oatmeal Cookie Fruit	27 Breakfast Pizza Fruit	28 Donut Fruit	29 NO SCHOOL