



October 2023

Frontenac Schools Breakfast



Monday		Tuesday		Wednesday		Thursday		Friday	
2	Cereal Fruit	3	Breakfast Pizza Fruit	4	Mini Cinnis Fruit	5	Ham Breakfast Bar Goldfish Grahams Fruit	6	Pop Tart Yogurt Fruit
9	Cereal Fruit	10	Pancake On A Stick Fruit	11	Mini Chocolate Donuts Fruit	12	Cheese Omelet Hash Brown	13	Cinnamon Toast Soft Square Fruit
16	NO SCHOOL	17	Apple Frudel Fruit	18	Cinnamon Cream Cheese Bagel Fruit	19	Dutch Waffle Fruit	20	Biscuit & Gravy Hash Brown
23	Cereal Fruit	24	Muffin String Cheese Fruit	25	Chicken & Waffles Fruit	26	Mini French Toast Fruit	27	NO SCHOOL
30	Cereal Fruit	31	Sausage Biscuit Fruit					ALL MEALS SUBJECT TO CHANGE. ALL MEALS SERVED WITH MILK & JUICE	

This institution is an equal opportunity provider.