



## BREAKFAST

# OCTOBER 2023

## Prescott Memorial School

WG = Whole Grain

LS = Low Sugar

All Breakfast meals come with milk  
and fruit or Juice

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

2

Strawberry & Yogurt Parfait  
Or  
WG Lucky Charms Cereal Bar

3

WG Blueberry Muffin  
And Cheese Stick  
Or  
WG Strawberry Pop-Tart

4

WG Mini Cinni Bun  
Or  
WG Granola Bar

5

Ms. Dawns Choice  
Or  
WG Mystery Cereal

6

NO SCHOOL

9

NO SCHOOL

10

WG Pumpkin Bread Slice  
Or  
WG Benefit Bar

11

WG Mini French Toast  
Or  
WG Granola Bar

12

Go-gurt & WG Animal Crackers  
Or  
WG Blueberry Pop-Tart

13

Ms. Dawns Choice  
Or  
WG Mystery Cereal

16

WG Asst. Bread Slice  
Or  
WG Benefit Bar

17

Cheese Omelet  
With WG graham crackers  
Or  
WG Strawberry Pop-Tart

18

WG Apple Frudel  
Or  
WG Lucky Charms Cereal Bar

19

WG Mini Cinni Bun  
Or  
WG Granola Bar

20

Ms. Dawns Choice  
Or  
WG Mystery Cereal

23

WG Pancake & Sausage  
On a stick  
Or  
WG Benefit Bar

24

Yogurt Cup  
w/Giant Goldfish Cracker  
or  
WG Granola Bar

25

WG Mini Pancake  
Or  
WG LS Lucky Charms Cereal

26

WG Pumpkin Choc Chip Muffin  
Or  
WG Blueberry Pop-Tart

27

Ms. Dawns Choice  
Or  
WG Mystery Cereal

30

Egg, Ham & Cheese  
Breakfast Bar w/Crackers  
Or  
WG Asst. Pop-Tart

31



WG Spooky Donut  
Or  
WG LS Graveyard Coco Puffs  
Cereal

"This institution is an equal opportunity provider"  
Menu subject to change according to availability of food.

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com