

*Fresh, Healthy, Good Food
Every Day!*



October 2018 K-8 A Bulk, No Cereal, No Bag

this institution is an equal opportunity provider

Week 5	Monday, October 01, 2018	Tuesday, October 02, 2018	Wednesday, October 03, 2018	Thursday, October 04, 2018	Friday, October 05, 2018
	Nutrigrain Cereal Bar (1 comp) * Chz Sticks (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp)	Nature Valley Choc Chip Crisps (1 comp) * Yogurt (1 comp)/ Have Scholar Add to Bag 100% Fruit Juice Box (1 comp)	Team Cheerios Cereal Bar (1 comp) * Chz Sticks (1 comp) / Have Scholar Add to Bag 100% Fruit Juice Box (1 comp)	Pillsbury Apple Frudel (2 comp) 100% Fruit Juice Box (1 comp)	Pillsbury Mini Maple Waffle Madness (2 comp) 100% Fruit Juice Box (1 comp)
	Barra de Cereal Queso, Leche, y Jugo	Nature Valley Choc Chip Crisps Yogurt, Leche, y Jugo	Barra de Cereal Queso, Leche, y Jugo	Pillsbury Apple Frudel Jugo, y Leche	Pillsbury Mini Maple Waffle Madness Jugo, y Leche
Week 6	Monday, October 08, 2018	Tuesday, October 09, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp)	Assorted Cereal Bar (1 comp) 100% Fruit Juice Box (1 comp)	Stuffed Cream Cheese Bagel (2 comp) 100% Fruit Juice Box (1 comp)	GNB Blueberry Muffin (1 comp) Yogurt (1 comp) 100% Fruit Juice Box (1 comp)	Oatmeal Raisin Fred (2 comp) 100% Fruit Juice Box (1 comp)
	Bakecrafters WG Honey Bun Jugo, y Leche	Barra de Cereal Queso, Leche, y Jugo	Stuffed Cream Cheese Bage Jugo, y Leche	GNB Blueberry Muffin Yogurt, Leche, y Jugo	Oatmeal Raisin Fred Jugo, y Leche
Week 1	Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
	Assorted Cereal Bar (1 comp) 100% Fruit Juice Box (1 comp)	Betty Crocker Butterscotch Oatmeal Bar (1 comp) 100% Fruit Juice Box (1 comp)	2 oz French Toast Bread (1 comp) Yogurt (1 comp) 100% Fruit Juice Box (1 comp)	Pillsbury Apple Frudel (2 comp) 100% Fruit Juice Box (1 comp)	Chocolate Chunk Fred (2 comp) 100% Fruit Juice Box (1 comp)
	Barra de Cereal Queso, Leche, y Jugo	Betty Crocker Butterscotch Oatmeal Ba Jugo, y Leche	2 oz French Toast Bread Yogurt, Leche, y Jugo	Pillsbury Apple Frudel Jugo, y Leche	Chocolate Chunk Fred Jugo, y Leche
Week 2	Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
	WG Single Blueberry Pop Tart (1 comp) 100% Fruit Juice Box (1 comp)	Student Favorite Fred (2 comp) 100% Fruit Juice Box (1 comp)	Bakecrafters WG Honey Bun (2 comp) 100% Fruit Juice Box (1 comp)	Super Bakery Mini Lemon Loaf (1 comp) 100% Fruit Juice Box (1 comp)	Betty Crocker Dble Choc Oatmeal Bar (1 comp) Cheesestick (1 comp) 100% Fruit Juice Box (1 comp)
	WG Single Blueberry Pop Tart Jugo, y Leche	Student Favorite Fred Jugo, y Leche	Bakecrafters WG Honey Bun Jugo, y Leche	Super Bakery Mini Lemon Loaf Jugo, y Leche	Betty Crocker Dble Choc Oatmeal Bar Queso, Leche, y Jugo
Week 3	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018		
	4oz Assorted Breakfast Bread (2 comp) 100% Fruit Juice Box (1 comp)	Assorted Cereal Bar (1 comp) 100% Fruit Juice Box (1 comp)	Pillsbury Cherry Strudel Frudel (2 comp) 100% Fruit Juice Box (1 comp)		
	4oz Assorted Breakfast Bread Jugo, y Leche	Barra de Cereal Jugo, y Leche	Pillsbury Cherry Strudel Frude Jugo, y Leche		

Menu is subject to infrequent change

Questions? Call 651-453-1136 or visit our website at www.ckcgoodfood.com

Skim & 1% Milk choices offered daily