## **OCTOBER 2023**

Carver Elementary School

Free for all students
Ala Carte Milk is .60 for all students.

## Tuesday Friday Monday Wednesday **Thursday** Fruit Smoothies w/homemade Assorted Muffins w/yogurt Waffle w/syrup Rainbow Bagel w/ cream5 6 granola Orcheese OrNo School **Assorted Cereals Assorted Cereals** $\mathbf{or}$ **Assorted Cereals Assorted Cereals** Fresh or cupped fruit Fresh or cupped fruit Fresh or cupped fruit Fresh or cupped fruit Milk Milk & Juice Milk Milk French Toast Sticks w/syrup Assorted Muffins w/yogurt Rainbow Bagel w/ cream 9 Warm Cinnamon Roll Orcheese Or**Assorted Cereals** No School $\mathbf{or}$ **Asst. Cereals Assorted Cereals Assorted Cereals** Fresh or cupped fruit Fresh or cupped fruit Fresh or cupped Fruit Fresh or cupped fruit Milk & Juice Milk & Juice Milk Milk Fruit Smoothies w/homemade Assorted Muffins w/yogurt Waffle w/syrup 18 Rainbow Bagel w/ cream O Pancakes w/syrup 20 granola cheese OrOr $\mathbf{or}$ Or**Assorted Cereals Assorted Cereals** $\mathbf{or}$ **Asst. Cereals Assorted Cereals Assorted Cereals** Fresh or cupped fruit Milk Milk Milk & Juice Milk & Juice Milk French Toast Sticks w/syrup Fruit Smoothies w/homemade Assorted Muffins w/yogurt/ Warm Cinnamon Roll 25 Rainbow Bagel w/ cream cheese granola $\mathbf{Or}$ Or Or**Assorted Cereals Assorted Cereals Asst. Cereals** $\mathbf{or}$ **Assorted Cereals Assorted Cereals** Fresh or cupped fruit Milk Milk Milk Milk & Juice Milk & Juice Fruit Smoothies w/homemade Assorted Muffins w/yogurt granola Or $\mathbf{Or}$ **Assorted Cereals Assorted Cereals** Fresh or cupped fruit Fresh or cupped fruit Milk Milk