



# October 2023 Breakfast Cowherd MS and Elementary Schools



**EAST AURORA**  
SCHOOL DISTRICT 131

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Muffin with String Cheese Fruit of the Day Milk Choice	2	Chocolate Crescent Fruit of the Day Milk Choice	3	Mini Pancakes Fruit of the Day Milk Choice	4	Mini Strawberry Cream Cheese Bagels Fruit of the day Milk Choice	5	Apple Frudel Fruit of the Day Milk of Choice	6
No School Columbus Day	9	Cinnamon Toast Crunch Warm Bar Fruit of the Day Milk Choice	10	Sausage Breakfast Pizza Fruit of the Day Milk Choice	11	Whole Grain Pop Tart Fruit of the Day Milk Choice	12	UBR Breakfast Round Fruit of the Day Milk Choice	13
Muffin with String Cheese Fruit f the Day Milk Choice	16	Chocolate Crescent Fruit of the Day Milk Choice	17	Mini Pancakes Fruit of the Day Milk Choice	18	No School	19	No School	20
Mini Strawberry Cream Cheese Bagels Fruit of the Day Milk Choice	23	Cinnamon Toast Crunch Warm Bar Fruit of the Day Milk Choice	24	Sausage Breakfast Pizza Fruit of the Day Milk Choice	25	Whole Grain Pop Tart Fruit of the Day Milk Choice	26	Mini Waffles Fruit of the Day Milk Choice	27
Muffin with String Cheese Fruit of the Day Milk Choice	30	Apple Frudel Fruit of the Day Milk of Choice	31						

**Daily  
Elementary  
Breakfast  
Choice:**

**Bowl of Cereal  
Or  
Cereal Bar**

**Milk Choices:  
1% White  
Or  
Fat Free  
Chocolate**

**\*\*Menu  
Subject to  
Change\*\***

Artificial  
Ingredients,  
Additives,  
Preservatives

High Fructose  
Corn Syrup

Fried Foods  
Mystery  
Meats

ALWAYS fresh  
NEVER frozen

\*\*\*\*  
4-Star School  
Lunch  
Provider

In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

