



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast			Nutrigrain ¹ Bar	Pop Tarts ²	French Toast Sticks ³	⁴
⁵	Cereal ⁶ Canned Fruit	Yogurt ⁷	⁸ Nutrigrain Bar	⁹ Pop Tarts	¹⁰ French Toast Sticks	¹¹
¹²	Cereal ¹³ Canned Fruit	¹⁴ Special K Pastry Crisp	¹⁵ Nutrigrain Bar	¹⁶ Pop Tarts	¹⁷ French Toast Sticks	¹⁸
¹⁹	Cereal ²⁰ Canned Fruit	²¹ Yogurt	²² Nutrigrain Bar	²³ Pop Tarts	²⁴ French Toast Sticks	²⁵
²⁶	Cereal ²⁷ Canned Fruit	²⁸ Special K Pastry Crisps	²⁹ Nutrigrain Bar	³⁰ Pop Tarts	³¹ French Toast Sticks	