



OCTOBER

Breakfast



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				French Toast ¹	Poptart ²	³
⁴	Cereal ⁵	Nutra Grain Bar ⁶	Special K Bar ⁷	French Toast ⁸	Poptart ⁹	¹⁰
¹¹	Cereal ¹²	Nutra Grain Bar ¹³	Special K Bar ¹⁴	French Toast ¹⁵	Poptart ¹⁶	¹⁷
¹⁸	Cereal ¹⁹	Nutra Grain Bar ²⁰	Special K Bar ²¹	French Toast ²²	Poptart ²³	²⁴
²⁵	Cereal ²⁶	Nutra Grain Bar ²⁷	Special K Bar ²⁸	French Toast ²⁹	Poptart ³⁰	³¹