

# OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Donuts Fresh Fruit Milk Variety	2 Pop Tart Fresh Fruit Milk Variety
5 Cereal Fresh Fruit Milk Variety	6 Cinnamon Roll Fresh Fruit Milk Variety	7 Pop Tart Fresh Fruit Milk Variety	8 Mini Donuts Fresh Fruit Milk Variety	9 Muffin Fresh Fruit Milk Variety
12 Cereal Fresh Fruit Milk Variety	13 Cinnamon Roll Fresh Fruit Milk Variety	14 Pop Tart Fresh Fruit Milk Variety	15 Mini Donuts Fresh Fruit Milk Variety	16 Muffin Fresh Fruit Milk Variety
19 Cereal Fresh Fruit Milk Variety	20 Breakfast Pizza Fresh Fruit Milk Variety	21 Pop Tart Fresh Fruit Milk Variety	22 Mini Donuts Fresh Fruit Milk Variety	23 Breakfast on a Stick Fresh Fruit Milk Variety
26 Cereal Fresh Fruit Milk Variety	27 Breakfast Pizza Fresh Fruit Milk Variety	28 Pop Tart Fresh Fruit Milk Variety	29 Mini Donuts Fresh Fruit Milk Variety	30 Breakfast Wrap Fresh Fruit Milk Variety

*Harvest* of the  
**MONTH**



Did you know....

- Pumpkins are grown everywhere except Antarctica.
- There are more than 45 pumpkin varieties!
- Every single part of a pumpkin is edible.
- Pumpkin contains two types of fiber: soluble and insoluble.
- The fiber in pumpkin supports healthy digestion.

The USDA and the CDE are Equal opportunity providers and employers.  
Menu is subject to change.