

2

**Oatmeal Chocolate Benefit Bar**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cocoa Puffs or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

3

**Mini Cinnamon Rolls**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

4

**WG Chocolate Breakfast Bar & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Frosted Flakes or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

5

**Apple Cinnamon Muffin & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Froot Loops or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

6

**Mini Maple Waffles**

Whole Grain Bagel & Cream Cheese  
Chocolate Mini Wheats or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

9

**Oatmeal Chocolate Benefit Bar**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cocoa Puffs or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

10

**Turkey Pancake Wrap**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

11

Late Start

**WG Chocolate Breakfast Bar & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Frosted Flakes or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

12

**Chocolate Muffin & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Froot Loops or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

13

**Cherry Frudel**

Whole Grain Bagel & Cream Cheese  
Chocolate Mini Wheats or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

16

**Oatmeal Chocolate Benefit Bar**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cocoa Puffs or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

17

**Mini Cinnamon Rolls**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

18

**WG Chocolate Breakfast Bar & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Frosted Flakes or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

19

**Blueberry Muffin & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Froot Loops or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

20

**Mini Maple Waffles**

Whole Grain Bagel & Cream Cheese  
Chocolate Mini Wheats or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

23

**Oatmeal Chocolate Benefit Bar**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cocoa Puffs or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

24

**Turkey Pancake Wrap**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

25

**WG Chocolate Breakfast Bar & String Cheese**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Frosted Flakes or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

26

No School

27

No School

30

**Oatmeal Chocolate Benefit Bar**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cocoa Puffs or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

31

**Mini Blueberry Waffles**

Whole Grain Bagel & Cream Cheese  
Reduced Sugar Cinnamon Toast Crunch or Honey Nut Cheerios & String Cheese  
100% Juice, Fruit & Milk

**Happy October, Students!**

Parents – we have positions open! Daytime hours & working only when your student is in school!  
More info at <http://aramark.aasd.k12.wi.us>

**Lunch Accounts:**

Payments can be made online or by sending cash or check with your student.

Breakfast: \$1.15 Reduced: \$0.30, Free \$0.00, CEP: \$0.00

Lunch: \$2.95, Reduced: \$0.40, Free \$0.00, CEP: \$0.00

Adult Breakfast: \$2.00, Adult Lunch: \$3.75

**Milk:** 1% White and Skim White are offered daily at breakfast!

**Whole Grains:** All bread served in whole grain rich!