



# OCTOBER | 2017

## Grass Lake Middle School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Breakfast Bread Choices E) Benefit Bar F) Wg Muffin G) Fruit Pastry H) WG Mini Donut	<b>3</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>4</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>5</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>6</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut
<b>9</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>10</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>11</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>12</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>13</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut
<b>16</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>17</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>18</b> Late Start Day No Breakfast	<b>19</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>20</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut
<b>23</b> No School	<b>24</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>25</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>26</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>27</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut
<b>30</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut	<b>31</b> Breakfast Bread Choices A) Benefit Bar B) Wg Muffin C) Fruit Pastry D) WG Mini Donut			

### News

No time for breakfast at home? You can get a nutritious breakfast at school. The cost is \$1.65 or 30 cents for reduced breakfast. The cost may be deducted from the student's lunch accounts.

Students are required to take at least one serving of fruit but can choose to take up two different servings of fruit with their breakfast.

**COME EAT BREAKFAST!**

**USDA is an equal opportunity provider and employer**

**If you received free or reduced benefits last year You will need to fill out a new application for this year.**