








WALK BIKE & ROLL TO SCHOOL

October Finley School Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 30 Egg and Cheese Croissant Bananas/Apple Sauce  | 1 French Toast Lucky Charms Choice of Cereal Graham Crackers Apple Slices Raisins | New Organic Breakfast Carrot Muffin De Stella Repostería Saludable Freshly Made  | 3 Pancake Wraps Craisins Sunshine Banans | 4 Fruit Parfait Choice of Cereal Apple Slices Homemade Quesadillas Choice of Cereal Grapes/Craisins |
| 7 Breakfast Banana Bars Choice of Cereal Sunshine Bananas Apple Sauce | 8 Mini Confetti Pancakes Cocoa Puffs Graham Crackers Craisins/ Sliced Apples | 9 Mini Cinis Choice of Cereal Strawberries | 10 Homemade Quesadillas Choice of Cereal Grapes/Craisins | 11 New Organic Breakfast Vanilla Conchitas De Stella Repostería Saludable Apple Crisps/Craisins |
| 14 Breakfast Banana Bars Choice of Cereal Apple Sauce | 15 Breakfast Muffins Choice of Cereal Apple Slices Raisins | 16 Peanut Butter and Jelly Choice of Cereal Orange Smiles | 17 Donitas/Mini Bagels Lucky Charms Sunshine Bananas | 18 Breakfast Sandwich Cinnamon Toast Crunch Apple Crisps/Craisins |
| 21 Breakfast Banana Bars Choice of Cereal Sunshine Bananas Apple Sauce | 22 Donitas Lucky Charms Choice of Cereal Apple Slices/Raisins | 23 New Organic Breakfast Muffin De Stella Repostería Saludable Pineapple | 24 Cereal and Yogurt Graham Crakers/Granola Sunshine Bananas | 25 French Toast Sticks Choice of Cereal Apple Crisps/Craisins |
| 28 Chorizo and Egg burrito Sunshine Apple Sauce  | 29 Mini Confetti Pancakes Cocoa Puffs Graham Crackers Craisins  | 30 Mini Cinis Choice of Cereal Apple Crisps  | 31 Pancake and Egg LuckyCharms Craisins Sunshine Bananas  | 1 Banana Muffins Cinnamon Toast Crunch Craisins  |

NATIONAL WALK TO SCHOOL DAY

National Walk to School Day is observed annually on the **First Wednesday in October**.

Walking is one of the best forms of exercise. It isn't hard on our joints and feet like running and jogging but still gives us all the advantages. The goal of this day is to raise awareness and support for the health, community and environmental benefits of regularly walking or biking to school

Exercise makes you feel better in school and while playing sports. It's important for our students to understand that exercise should be part of their life forever.

"This institution is an equal Opportunity Provider"

Give your child a healthy start!

Mornings can be rushed, but it is important to make time for breakfast.

If morning meals are difficult for your family, let the School Breakfast Program help you out!

We Offer Free Breakfast Every Day

Take advantage of our program

Dele a su Nino un Comienzo Saludable!

Las mañanas pueden ser apresuradas, pero es importante hacer tiempo para el desayuno.

Si las comidas de la mañana son difíciles para su familia, ideje que el Programa de Desayuno Escolar lo ayude!

Ofrecemos Desayuno Gratuito Todos los Días

Aproveche nuestro programa

