

BREAKFAST		October 2025	Twin Cities Academy	
SERVED DAILY				
Fresh Fruit - Apple, Banana, Pear, Orange, Craisins, Raisins, Applesauce, Fruit Cup Fruit Juice - Apple, Grape, Berry, Strawberry Kiwi, Orange Variety of Milk, including Skim				
Monday	Tuesday	Wednesday	Thursday	Friday
		Oct 1	Oct 2	Oct 3
		Banana Bread	Bagel W/ Cream Cheese	Poptart
		String Cheese or Fruit Yogurt		String Cheese or Fruit Yogurt
		Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Oct 6	Oct 7	Oct 8	Oct 9	Oct 10
Cereal Bar	Mini Waffle	Blueberry Bread	Cini Mini Caramel Roll	Cinnamon Toast Muffin
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
Nature Valley	Breakfast Burrito	Banana Bread	Bagel W/ Cream Cheese	Poptart
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt		String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
Brekkie	Mini Waffle	Blueberry Bread	Mini Cinnis Roll	Cinnamon Toast Muffin
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
Cereal Bar	Breakfast Burrito	Banana Bread	Cini Mini Caramel Roll	Poptart
String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt	String Cheese or Fruit Yogurt
Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk	Fruit/Fruit Juice, Milk
MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS Note: Menus may use ingredients that contain nuts/seeds, milk, egg, soybean, and other products. This institution is an equal opportunity provider.			Our Commitment “Healthy Food, Healthy Message” We provide wholesome, delicious, real food that helps teach the right message to children.	