

# OCTOBER | 2023

## Bark River Harris Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Cereal String Cheese Craisins Juice Milk	3 Muffin String Cheese Applesauce Juice Milk	4 Banana Bread Banana Juice Milk	5 Graham Crackers Yogurt Apple Slices Juice Milk	6 Cream Cheese Bar Peaches Juice Milk
9 Cereal String Cheese Craisins Juice Milk	10 Muffin String Cheese Apple Slices Juice Milk	11 Strawberry Bagel Pears Juice Milk	12 Lemon Bread Banana Juice Milk	13 No School
16 Cereal String Cheese Craisins Juice Milk	17 Muffin String Cheese Applesauce Juice Milk	18 Banana Bread Banana Juice Milk	19 Graham Crackers Yogurt Apple Slices Juice Milk	20 Chocolate Banana Bar Pears Juice Milk
23 Cereal String Cheese Craisins Juice Milk	24 Muffin String Cheese Apple Slices Juice Milk	25 Strawberry Bagel Raisins Juice Milk	26 Blueberry Bread Applesauce Juice Milk	27 Apple Frudel Strawberry Cup Juice Milk
30 Cereal String Cheese Craisins Juice Milk	31 Muffin String Cheese Peaches Juice Milk	1	2	3

### **News**

October 13<sup>th</sup>  
No School  
Teacher In Service

October 27<sup>th</sup>  
Early Dismissal  
11:34  
Grandparents Day

Breakfast and Lunch  
is Free to all students  
for the 2023-24 school  
year!!

Menu Subject to  
Change Without  
Notice

USDA is an equal  
opportunity employer  
and provider.