

# Cotati-Rohnert Park Unified School District

## Rancho Cotate School Breakfast October 2022

Meatless Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Blueberry Muffin w/Grahams	Apple Frudel	Cinnamon Bun	Banana Bread	Bagel & Cream Cheese
10	11	12	13	14
UBR	BeneFit Bar	Banana Mini Loaf w/ String Cheese	Concha	WG Pop Tart
17	18	19	20	21
Blueberry Muffin w/Grahams	Apple Frudel	Cinnamon Bun	Banana Bread	Bagel & Cream Cheese
24	25	26	27	28
 No School	BeneFit Bar	Banana Mini Loaf w/ String Cheese	Concha	WG Pop Tart
31				
Blueberry Muffin w/Grahams				

We offer fruit and 100% juice each morning, you must take at least 1/2 cup, you may take more.

Cereal and grahams or string cheese are offered for breakfast every day.

Fat Free chocolate milk and 1% unflavored milk are offered everyday.

All Meals are offered at NO COST to ALL students!

Limit of one of each meal per day per student, please.

This institution is an equal opportunity provider.

