

2023 OCTOBER 2023

St. Henry's & St. Paul's Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chocolate Skim & 1% Milk Offered Daily						1		2	
Students must take 3 of the 4-5 Components Offered To Be Considered Full Reimbursable Meal						Breakfast Bread Cheese Stick Fruit Juice Milk		Cold Cereal Crackers Fruit Juice Milk	
MENUS SUBJECT TO CHANGE									
Questions or concerns please contact Krystal Boyd, FSD at kboyd@perham.k12.mn.us									
5		6		7		8		9	
Cereal Bar Fruit Juice Milk		Oatmeal Chocolate Chip Breakfast Bar Juice Fruit Milk		Cold Cereal Cheese Stick Juice Fruit Milk		UBR Breakfast Round Juice Fruit Milk		Cold Cereal Crackers Fruit Juice Milk	
12		13		14		15		16	
Cold Cereal Crackers Juice Fruit Milk		Blueberry Muffin Yogurt Juice Fruit Milk		Cold Cereal Cheese Stick Juice Fruit Milk		NO SCHOOL MEA BREAK		NO SCHOOL MEA BREAK	
19		20		21		22		23	
Cold Cereal Crackers Juice Fruit Milk		Blueberry Cake Donut Cheese Stick Juice Fruit Milk		Cold Cereal Crackers Juice Fruit Milk		Cinni Minis Cheese Stick Juice Fruit Milk		Cold Cereal Crackers Juice Fruit Milk	
26		27		28		29		30	
Cold Cereal Crackers Juice Fruit Milk		Yogurt Parfait Granola Juice Fruit Milk		Mini Pancakes String Cheese Juice Fruit Milk		Bagel Cream Cheese Fruit Juice Milk		Cold Cereal Crackers Fruit Juice Milk	