



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1 WG CEREAL BREAKFAST TORNADO WG POP TART FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 2 WG CEREAL EGG & SAUSAGE ON A CROISSANT CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY
Oct 5 WG CEREAL YOGURT & GRANOLA RICE KRISPIE FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 6 WG CEREAL SCRAMBLED EGGS SAUSAGE PATTIE SLICED BLUEBERRY BREAD FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 7 WG CEREAL BREAKFAST TORNADO WG POP TART FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 8 WG CEREAL BREAKFAST PIZZA WITH SAUSAGE CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 9 WG CEREAL MINI BLUEBERRY PANCAKES CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY
Oct 12 INDIGENOUS PEOPLES' DAY	Oct 13 WG CEREAL BRK COMBO & MUFFIN RICE KRISPIE FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 14 WG CEREAL PANCAKES WG CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 15 WG CEREAL YOGURT & GRANOLA WG POP TART FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 16 WG CEREAL BREAKFAST PIZZA WITH SAUSAGE WG DONUT STIX FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY
Oct 19 WG CEREAL FRENCH TOAST CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 20 WG CEREAL HOMEMADE MUFFINS RICE KRISPIE FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 21 WG CEREAL CHEWY OATMEAL GRANOLA BAR SLICED BANANA BREAD FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 22 WG CEREAL PANCAKES WG CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 23 WG CEREAL WG DONUT CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY
Oct 26 WG CEREAL FRENCH TOAST SLICED BANANA BREAD FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 27 WG CEREAL BRK COMBO & MUFFIN RICE KRISPIE FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 28 WG CEREAL MINI MAPLE WAFFLES CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 29 WG CEREAL SAUSAGE, EGG, CHEESE ON A BUSCUIT CEREAL BAR FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY	Oct 30 WG CEREAL PANCAKE ON A STICK SLICED BANANA BREAD FRUIT ASSORTED FRUIT JUICE, ASSORTED MILK-VARIETY

PLEASE CHECK OUT THE NEW MSAD#1 MOBILE APP.
Menu subject to change without notice due to availability of products.
This institution is an equal opportunity provider.

Unflavored Milk Offered Daily

Nutrients

Thursday, October 1, 2026

Recipes

WG CEREAL
BREAKFAST TORNADO
WG POP TART
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

[Close Nutrients](#)

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Allergens

Thursday, October 1, 2026

Recipes

Allergens

There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

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Nutrients

Friday, October 2, 2026

Recipes

WG CEREAL
EGG & SAUSAGE ON A CROISSANT
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Friday, October 2, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

Nutrients

Monday, October 5, 2026

Recipes
WG CEREAL
YOGURT & GRANOLA
RICE KRISPIE
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Monday, October 5, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

Nutrients

Tuesday, October 6, 2026

Recipes

WG CEREAL
SCRAMBLED EGGS
SAUSAGE PATTIE
SLICED BLUEBERRY BREAD
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Tuesday, October 6, 2026

Recipes

Allergens

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Nutrients

Wednesday, October 7, 2026

Recipes

WG CEREAL
BREAKFAST TORNADO
WG POP TART
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Wednesday, October 7, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

Nutrients

Thursday, October 8, 2026

Recipes
WG CEREAL
BREAKFAST PIZZA WITH SAUSAGE
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Thursday, October 8, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

Nutrients

Friday, October 9, 2026

Recipes
WG CEREAL
MINI BLUEBERRY PANCAKES
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Friday, October 9, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Monday, October 12, 2026

Recipes
INDIGENOUS PEOPLES' DAY

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Allergens

Monday, October 12, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Tuesday, October 13, 2026

Recipes
WG CEREAL
BRK COMBO & MUFFIN
RICE KRISPIE
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Tuesday, October 13, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Wednesday, October 14, 2026

Recipes

WG CEREAL
PANCAKES WG
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Wednesday, October 14, 2026

Recipes

Allergens

There have not been any allergens associated with the menu items being served today.

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Nutrients

Thursday, October 15, 2026

Recipes

WG CEREAL
YOGURT & GRANOLA
WG POP TART
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Thursday, October 15, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

[Close Allergens](#)

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Nutrients

Friday, October 16, 2026

Recipes
WG CEREAL
BREAKFAST PIZZA WITH SAUSAGE
WG DONUT STIX
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Friday, October 16, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Monday, October 19, 2026

Recipes

WG CEREAL
FRENCH TOAST
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Monday, October 19, 2026

Recipes

Allergens

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[Close Allergens](#)

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Nutrients

Tuesday, October 20, 2026

Recipes

WG CEREAL
HOMEMADE MUFFINS
RICE KRISPIE
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Tuesday, October 20, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Wednesday, October 21, 2026

Recipes
WG CEREAL
CHEWY OATMEAL
GRANOLA BAR
SLICED BANANA BREAD
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Wednesday, October 21, 2026

Recipes	Allergens
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There have not been any allergens associated with the menu items being served today.

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Nutrients

Thursday, October 22, 2026

Recipes

WG CEREAL
PANCAKES WG
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Thursday, October 22, 2026

RecipesAllergens

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[Close Allergens](#)

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Nutrients

Friday, October 23, 2026

Recipes

WG CEREAL
WG DONUT
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Friday, October 23, 2026

Recipes	Allergens
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Nutrients

Monday, October 26, 2026

Recipes
WG CEREAL
FRENCH TOAST
SLICED BANANA BREAD
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Monday, October 26, 2026

Recipes	Allergens
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Nutrients

Tuesday, October 27, 2026

Recipes

WG CEREAL
BRK COMBO & MUFFIN
RICE KRISPIE
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Tuesday, October 27, 2026

RecipesAllergens

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Nutrients

Wednesday, October 28, 2026

Recipes

WG CEREAL
MINI MAPLE WAFFLES
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Wednesday, October 28, 2026

Recipes	Allergens
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Nutrients

Thursday, October 29, 2026

Recipes

WG CEREAL
SAUSAGE, EGG, CHEESE ON
A BUSCUIT
CEREAL BAR
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Thursday, October 29, 2026

Recipes	Allergens
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Nutrients

Friday, October 30, 2026

Recipes
WG CEREAL
PANCAKE ON A STICK
SLICED BANANA BREAD
FRUIT ASSORTED
FRUIT JUICE,ASSORTED
MILK-VARIETY

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Allergens

Friday, October 30, 2026

Recipes	Allergens
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