

# St. Odilia

October  
2022

## Preschool & Knight Watch Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Ham n' Egg-wich</p> <p>Choice of Cereal Graham Crackers</p> <p>Banana</p> <p>1% Milk</p>	<p><b>4</b></p> <p>Waffles</p> <p>Choice of Cereal Graham Crackers</p> <p>Apple Slices</p> <p>1% Milk</p>	<p><b>5</b></p> <p>Apple Cinnamon Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Sliced Pears</p> <p>1% Milk</p>	<p><b>6</b></p> <p>Plain Bagel Cinnamon Cream Cheese</p> <p>Choice of Cereal Graham Crackers</p> <p>Apple Slices</p> <p>1% Milk</p>	<p><b>7</b></p> <p>Banana Blueberry Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Sliced Peaches</p> <p>1% Milk</p>
<p><b>10</b></p> <p>Crispy Rice Cereal</p> <p>Choice of Cereal Graham Crackers</p> <p>Applesauce</p> <p>1% Milk</p>	<p><b>11</b></p> <p>Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Diced Pears</p> <p>1% Milk</p>	<p><b>12</b></p> <p>Southern Chicken Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Cantaloupe</p> <p>1% Milk</p>	<p><b>13</b></p> <p>Scrambled Egg English Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Fresh Orange</p> <p>1% Milk</p>	<p><b>14</b></p> <p>French Toast Loaf</p> <p>Choice of Cereal Graham Crackers</p> <p>Banana</p> <p>1% Milk</p>
<p><b>17</b></p> <p>Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Pineapple Tidbits</p> <p>1% Milk</p>	<p><b>18</b></p> <p>Cheerios</p> <p>Choice of Cereal Graham Crackers</p> <p>Apple Slices</p> <p>1% Milk</p>	<p><b>19</b></p> <p>Closed</p> <p>Teacher Training</p>	<p><b>20</b></p> <p>Scrambled Egg Whole Grain Toast</p> <p>Choice of Cereal Graham Crackers</p> <p>Diced Peaches</p> <p>1% Milk</p>	<p><b>21</b></p> <p>Chocolate Chip Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Mixed Canned Fruit</p> <p>1% Milk</p>
<p><b>24</b></p> <p>Cinnamon Toast Crunch Cereal</p> <p>Choice of Cereal Graham Crackers</p> <p>Diced Pears</p> <p>1% Milk</p>	<p><b>25</b></p> <p>Southern Chicken Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Fresh Orange</p> <p>1% Milk</p>	<p><b>26</b></p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Cantaloupe</p> <p>1% Milk</p>	<p><b>27</b></p> <p>Scrambled Egg Whole Grain Toast</p> <p>Choice of Cereal Graham Crackers</p> <p>Sliced Pears</p> <p>1% Milk</p>	<p><b>28</b></p> <p>Banana Chocolate Loaf</p> <p>Choice of Cereal Graham Crackers</p> <p>Banana</p> <p>1% Milk</p>
<p><b>31</b></p> <p>Plain Bagel Cream Cheese</p> <p>Choice of Cereal Graham Crackers</p> <p>Fresh Pineapple</p> <p>1% Milk</p>				

PRICES

EXTRA INFO

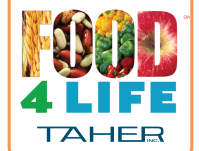
1% Milk is included with Lunch  
For questions or comments please  
contact your Foods Service Director, Sharon  
Thompson at [cafeteria@stodilia.org](mailto:cafeteria@stodilia.org) or by  
calling (651) 415-3355.

HARVEST OF



THE MONTH

Menus and nutrition  
our app  
TaHer Food4Life®



[www.taHer.com](http://www.taHer.com)