

# OCTOBER 2022

BETHEL GRADE SCHOOL

BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast bites  
Cereal bar  
Fruit  
Milk

3

Cereal  
Granola bar  
Fruit  
Juice  
Milk

4

WG Biscuit and Gravy  
Fruit  
Milk

5

Croissant  
Egg Patty  
Juice  
Fruit  
Milk

6

Cheese omelet  
Biscuit  
Fruit  
Milk

7

Breakfast Pizza  
Fruit grain bar  
Fruit  
Juice  
Milk

10

Cereal  
Fruit Gain bar  
Fruit  
Juice  
Milk

11

WG Biscuit and gravy  
Fruit  
Milk

12

Biscuit  
Turkey sausage  
Juice  
Fruit  
Milk

13

Scrambles Eggs  
Toast  
Fruit  
Milk

14

Bagel bites  
Cereal bar  
Fruit  
Milk

17

Cereal  
Granola bar  
Fruit  
Juice  
Milk

18

WG Biscuit and Gravy  
Fruit  
Milk

19

Bagel  
Egg Patty  
Juice  
Fruit  
Milk

20

Egg Patties  
Toast  
Fruit  
Milk

21

Breakfast bites  
Fruit  
Milk

24

Cereal  
Granola Bar  
Fruit  
Juice  
Milk

25

WG Biscuit and Gravy  
Fruit  
Milk

26

Biscuit  
Turkey Sausage  
Fruit  
Juice  
Milk

27

Cinnamon Rolls  
Fruit  
Milk

28

Breakfast Bites  
Fruit  
Milk

31

**FUN FACT!**  
POPSICLES was invented  
accidentally by a 11 year old  
Frank Epperson!!!!



**DID YOU KNOW?**  
**YOU ARE SMART**  
**YOU ARE KIND**  
**YOU ARE BRAVE**  
**YOU ARE GONNA HAVE A**  
**GREAT DAY**