BPS EATS
LOCAL | HEALTHY | FRESH

Breakfast in the Classroom/Cart- October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Cheese Wrap **OR** Smoothie **OR** Cereal	2 French Toast Sticks **OR** Yogurt & Granola **OR** Cereal
5 Yogurt & Granola **OR** Cereal	6 One Mighty Mill Bagel **OR** Smoothie **OR** Cereal	7 Muffin **OR** Yogurt & Granola **OR** Cereal	8 Egg & Cheese Sandwich **OR** Smoothie **OR** Cereal	9 Muffin **OR** Yogurt & Granola **OR** Cereal
12 NO SCHOOL	13 One Mighty Mill Bagel **OR** Smoothie **OR** Cereal	14 Muffin **OR** Yogurt & Granola **OR** Cereal	15 Egg & Cheese Wrap **OR** Smoothie **OR** Cereal	16 French Toast Sticks **OR** Yogurt & Granola **OR** Cereal
19 Yogurt & Granola **OR** Cereal	20 One Mighty Mill Bagel **OR** Smoothie **OR** Cereal	21 Muffin **OR** Yogurt & Granola **OR** Cereal	22 Egg & Cheese Sandwich **OR** Smoothie **OR** Cereal	23 Muffin **OR** Yogurt & Granola **OR** Cereal
26 Yogurt & Granola **OR** Cereal	27 One Mighty Mill Bagel **OR** Smoothie **OR** Cereal	28 Muffin **OR** Yogurt & Granola **OR** Cereal	29 Egg & Cheese Wrap **OR** Smoothie **OR** Cereal	30 French Toast Sticks **OR** Yogurt & Granola **OR** Cereal

DAILY MENU OFFERINGS:

- A variety of milk options
- A variety of fruits, including local apple, offered with all entrees
- All grain products are whole grain-rich
- School meals are peanut and tree-nut free

MASSACHUSETTS FARM TO SCHOOL

HARVEST of the MONTH

LOCAL

PEARS

Did You Know?
Breakfast and Lunch are **FREE** for all students.

Menu is subject to change.

This institution is an equal opportunity provider.

Please note: If you have a food allergy please alert the school nurse and advise your cafeteria manager.

Please see the next page for the list of schools that follow this menu.

Scan the QR code to access nutrition information, allergen information, and specific fruit offerings