

# Alief Montessori Community School

## October 2021 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1  Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free
Oct - 4  Apple Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Oct - 5  Blueberry Muffin Peaches Orange Juice Milk, 1% or Fat Free	Oct - 6  Strawberry Bagel Mixed Fruit Grape Juice Milk, 1% or Fat Free	Oct - 7  French Toast Peaches Fruit Punch Milk, 1% or Fat Free Syrup	Oct - 8  Cheerios W/Grain Mixed Fruit Orange Juice Milk, 1% or Fat Free
Oct - 11  Staff Development Day	Oct - 12  Chocolate Chips Muffin Peaches Orange Juice Milk, 1% or Fat Free	Oct - 13  Pancake Mixed Fruit Grape Juice Milk, 1% or Fat Free Syrup	Oct - 14  Banana Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Oct - 15  Strawberry Cereal Bar Mixed Fruit Orange Juice Milk, 1% or Fat Free
Oct - 18  Apple Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Oct - 19  Strawberry Bagel Peaches Orange Juice Milk, 1% or Fat Free	Oct - 20  Sausage Croissant sandwich Mixed Fruit Grape Juice Milk, 1% or Fat Free	Oct - 21  Blueberry Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Oct - 22  Golden Graham Cereal Mixed Fruit Orange Juice Milk, 1% or Fat Free
Oct - 25  Chocolate Chips Muffin Mixed Fruit Apple Juice Milk, 1% or Fat Free	Oct - 26  French Toast Peaches Orange Juice Milk, 1% or Fat Free Syrup	Oct - 27  Strawberry Cereal Bar Mixed Fruit Grape Juice Milk, 1% or Fat Free	Oct - 28  Banana Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Oct - 29  Cinnamon Frosted Flakes Mixed Fruit Orange Juice Milk, 1% or Fat Free

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.  
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410  
Fax: (202) 690-7442; or  
Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
This institution is an equal opportunity provider.

**\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient. \*- denotes combined nutrient totals with either missing or incomplete nutrient data.**

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**