

OCTOBER 2023

Heritage Preparatory School

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Strudel Fruit Option Milk	3 Honey Nut Cheerios Fruit Option Milk	4 Cinnamon Roll Fruit Option Milk	5 Fruit Loops Fruit Option Milk	6 Pancake Bites w. Syrup Fruit Option Milk
9 No School	10 Cinnamon Toast Crunch Fruit Option Milk	11 Pancake Bites w. Syrup Fruit Option Milk	12 No School	13 No School
16 Apple Strudel Fruit Option Milk	17 Honey Nut Cheerios Fruit Option Milk	18 Cinnamon Roll Fruit Option Milk	19 Fruit Loops Fruit Option Milk	20 Pancake Bites w. Syrup Fruit Option Milk
23 Chocolate Filled Croissant Fruit Option Milk	24 Cinnamon Toast Crunch Fruit Option Milk	25 Pancake Bites w. Syrup Fruit Option Milk	26 Fruit Danish Fruit Option Milk	27 Apple Jacks Fruit Option Milk
30 Apple Strudel Fruit Option Milk	31 Honey Nut Cheerios Fruit Option Milk			

