



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!

Practice Stealth Health-Sneak veggies into your favorite foods. Go light on the meat & top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and/or artichoke hearts!!



BREAKFAST

MONDAY



Cornbread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

05

TUESDAY



Vanilla Bear Cracker
One Cup Serving Fresh Fruits
Unflavored Low-Fat Milk

06

WEDNESDAY

Kix Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

07

THURSDAY

Assorted Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

01

FRIDAY

Crunch N Crave Crackers
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

02

WG Zee Zee Cracker
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

12

Cornbread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

13

Muffin Loaf Banana Yogurt
One Cup Serving Fresh Fruits
Unflavored Low-Fat Milk

14

Mozzarella Cheese Stick
W/WG Crackers
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

15

Assorted Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

16

Kix Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

19

WG Cinnamon Graham Cracker
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

20

Muffin Loaf Banana Yogurt
One Cup Serving Fresh Fruits
Unflavored Low-Fat Milk

21

WG Bagel W/ Cream Cheese
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

22

Chocolate Bear Cracker
One Cup Serving Fresh Fruits
Unflavored Low-Fat Milk

23

Cornbread
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

26

WG Blueberry Muffin
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

27

WG Bagel W/ Cream Cheese
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

28

Assorted Cereal
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

29

Crunch N Crave Crackers
One Cup Serving Fresh Fruits
Unflavored Low-Fat/
Fat- Free Milk

30



NOOR INTERNATIONAL ACADEMY PRE-K-K

*This Institution is an equal opportunity provider.
All students are eligible for free school meals. Menu choices are subject to change.*

School Information:

All meats meet USDA guidelines for a healthy school breakfast!

All students must have a serving of fresh fruits for breakfast.

All grains served are whole grain rich!

OCTOBER 2026