GSRP Breakfast Menu October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Blueberry Chex Cereal Apple Slices Milk	Ultimate Breakfast Round Banana Milk	Apple Cinnamon Muffin Raisins Milk
		Count Day! 1	2	3
Cinnamon Chex 100% Orange Juice Milk	Honey Cheerios Cereal Craisins Milk	Coco Puffs Cereal Apple Milk	WG Tiger Bites Banana Milk	No School
6	7	Late Start 8	Half Day 9	10
Corn Chex Cereal Orange Milk	Apple Cinnamon Muffin 100% Fruit Juice Milk	Frosted Flakes Cereal Apple Milk	Yogurt Banana Milk	No School
13	14	15	16	17
No School	Trix Cereal Pineapple Tidbits Milk	Blueberry Muffin Diced Pears Milk	Cinnamon Toast Crunch Cereal Banana Milk	Banana Muffin 100% Apple Juice Milk
20	21	Late Start 22	23	24
Rice Chex Cereal Apple Slices Milk	Multi Grain Cheerios Applesauce Milk	Giant Cinnamon Goldfish Mandarin Oranges Milk	Strawberry Banana Yogurt Blueberries Milk	Honey Cheeriois Cereal Diced Pears Milk
27	28	29	30	Half Day 31



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Contact your Food Service Director, Renee Frederick, at (313) 269-7108 or email FrederickR@mtcps.org for questions or comments. **Menu Subject to Change**

"or:" = An alternative selection to choose. "WG"= Whole Grain 1% White & 1%Chocolate Milk available daily.