



October Breakfast Menu Senior Services



Food Vendor Aging True

Meal Reservations Required

	1 Apple Juice Peanut Butter String Cheese Cheerios Nutrigrain Cereal Bar Tropical Fruit Cup 1% Milk	2 Orange Juice Hard Boiled Egg String Cheese Oatmeal Cinnamon Toast Crunch Bar Applesauce 1% Milk Margarine/Jelly
	7 Orange Juice String Cheese Peanut Butter Honey Nut Cheerios Cinnamon Toast Crunch Bar Applesauce 1% Milk	8 Fruit Blend Juice String Cheese Hard Boiled Egg Oatmeal Whole Wheat Bread Mandarin Oranges 1% Milk Margarine/Jelly
	14 Cranberry Juice String Cheese Hard Boiled Egg Frosted Mini Wheat Cereal Whole Wheat Bread Mandarin Oranges 1% Milk Margarine/Jelly	9 Grape Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Nutrigrain Cereal Bar Pears Fruit Cup 1% Milk
	21 Orange Juice String Cheese Hard Boiled Egg Raisin Bran Cereal Nutrigrain Cereal Bar Pineapple Fruit Cup 1% Milk	15 Grape Juice Peanut Butter String Cheese Cheerios Nutrigrain Cereal Bar Tropical Fruit Cup 1% Milk
	28 Orange Juice String Cheese Peanut Butter Honey Nut Cheerios Cereal Cinnamon Toast Crunch Bar Applesauce 1% Milk	16 Orange Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Bagel Peach Fruit Cup 1% Milk Cream Cheese/Jelly
	22 Apple Juice Peanut Butter String Cheese Cheerios English Muffin Tropical Fruit Cup 1% Milk Margarine/Jelly	23 Orange Juice Hard Boiled Egg String Cheese Oatmeal Cinnamon Toast Crunch Bar Applesauce 1% Milk Margarine/Jelly
	29 Fruit Blend Juice String Cheese Hard Boiled Egg Oatmeal Whole Wheat Bread Mandarin Orange Fruit Cup 1% Milk Margarine/Jelly	30 Grape Juice Hard Boiled Egg Fruit Yogurt Raisin Bran Cereal Nutrigrain Cereal Bar Pear Fruit Cup 1% Milk

Menu Prepared by Mandy Patrick, MS, RD, LD with Aging True, 4250 Lakeside Dr. #116, Jacksonville, FL 32210

Menu Approved by Sharon M Lutheran, MSH, RDN, LDN Department of Senior Services, City of Jacksonville Date of Approval: August 25, 2025

Sharon M Lutheran MSH, RDN, LDN 8/25/2025