

Monday
Tuesday
Wednesday
Thursday
Friday
1

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

2

WG Muffin/Muffin Top
100% Juice/ Local Fresh Fruit
Low Fat Milk

3

Cinnamon or Berry French Toast
Fresh/Chilled Local Fruit
Low Fat Milk

4

Mini Bagels W/ Cream Cheese
100% Fruit Juice/ Fresh Fruit
Low Fat Milk

7

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

8

Yogurt
WG Bagel w/ Cream Cheese
Local Fresh Fruit
Low Fat Milk

9

WG Muffin/Muffin Top
100% Juice/ Local Fresh Fruit
Low Fat Milk

10

Whole Grain Wheat Bar
Fresh/chilled Fruit
Low Fat Milk

11

WG Mini Waffle or Pancakes
100% Fruit Juice Fresh /Fruit Low
Fat Milk

14

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

15

Cinnamon Roll
Chilled/ Fresh Fruit
Low Fat Milk

16

WG Muffin/Muffin Top
100% Juice/ Local Fresh Fruit
Low Fat Milk

17

Cinnamon or Berry French Toast
Fresh/Chilled Local Fruit
Low Fat Milk

18

Holiday

21

Holiday

22

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

23

WG Muffin/Muffin Top
100% Juice/ Local Fresh Fruit
Low Fat Milk

24

Whole Grain Wheat Bar
Fresh/chilled Fruit
Low Fat Milk

25

WG Mini Waffle or Pancakes
100% Fruit Juice Fresh /Fruit Low
Fat Milk

28

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

29

Cinnamon Roll
Chilled/ Fresh Fruit
Low Fat Milk

30

WG Muffin/Muffin Top
100% Juice/ Local Fresh Fruit
Low Fat Milk

