

Monday
Tuesday
Wednesday
Thursday
Friday
1

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

2

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

5

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

6

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

7

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

8

Whole Grain Wheat Bar
Fresh/chilled Fruit
Low Fat Milk

9

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

12

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

13

Cinnamon Roll
Chilled/ Fresh Fruit
Low Fat Milk

14

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

15

Apple Frudel
Fresh/Chilled Local Fruit
Low Fat Milk

16

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

19

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

20

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

21

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

22

Whole Grain Wheat Bar
Fresh/chilled Fruit
Low Fat Milk

23

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

26

Holiday

27

Cereal Bowl
Dried Fruits Fresh/Chilled Fruit
Low Fat Milk

28

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

29

Apple Frudel
Fresh/Chilled Local Fruit
Low Fat Milk

30

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

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