


**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**1**

Holiday

**2**

Cereal Bowl  
Dried Fruits Fresh/Chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**3**

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

**4**

Whole Grain Wheat Bar  
Fresh/chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**5**

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

**8**

Cereal Bowl  
Dried Fruits Fresh/Chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**9**

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

**10**

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

**11**

Cinnamon Roll  
Chilled/ Fresh Fruit  
Low Fat Milk  
Non-Fat Milk

**12**

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

**15**

Cereal Bowl  
Dried Fruits Fresh/Chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**16**

Apple Frudel  
Fresh/Chilled Local Fruit  
Low Fat Milk

**17**

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

**18**

Whole Grain Wheat Bar  
Fresh/chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**19**

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

**22**

Cereal Bowl  
Dried Fruits Fresh/Chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**23**

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

**24**

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

**25**

Cinnamon Roll  
Chilled/ Fresh Fruit  
Low Fat Milk  
Non-Fat Milk

**26**

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

**29**

Cereal Bowl  
Dried Fruits Fresh/Chilled Fruit  
Low Fat Milk  
Non-Fat Milk

**30**

Apple Frudel  
Fresh/Chilled Local Fruit  
Low Fat Milk

