

Monday

Tuesday

Wednesday

Thursday

Friday

4
 Mini Pancakes
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

5
 Egg & Cheese Wrap
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

6
 Egg Pop
 Cheese Stick
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

7
 Fresh Baked Muffin
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

1
 Breakfast on a Stick
 100 % Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

11
 French Toast Sticks
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

12
 Yogurt Parfait
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

13
 Scrambled Eggs
 ½ Bagel
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

14
 Breakfast Cookie
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

8


15
 Breakfast Sandwich
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

18
 Mini Pancakes
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

19
 Egg & Cheese Wrap
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

20
 B'fast Grilled Cheese
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

21
 Fresh Baked Muffin
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

22
 Breakfast on a Stick
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

25
 French Toast Sticks
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

26
 Whole Grain Pop Tart
 4 oz. Yogurt
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

27
 Cheese Omelet
 ½ Bagel
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

28
 Homemade Breakfast Bar
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk

29
 Breakfast Sandwich
 100 % Juice
 Fresh or Canned Fruit
 Low fat or Fat Free Milk