

Monday

Tuesday

Wednesday

Thursday

Friday



1
 Breakfast Boat
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

2
 Homemade Breakfast Bar
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

3
 Breakfast Sandwich
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

6
 Mini Pancakes
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

7
 PBJ Smoothie
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

8
 Bagel
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

9
 Fresh Baked Muffin
 4 oz. Yogurt
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

10
 Breakfast on a Stick
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

13
 French Toast Sticks
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

14
 Breakfast Waffle Bowl
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

15
 Egg Pop
 Cheese Stick
 Crackers
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

16
 Breakfast Cookie
 4 oz. Yogurt
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

17
 Breakfast Sandwich
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

20
 Yogurt Parfait
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

21
 Egg & Cheese Wrap
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

22
 Egg in a Cloud
 ½ Bagel
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

23
 Homemade Breakfast Bar
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

24
 Breakfast on a Stick
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

27


28
 Bagel
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

29
 Scrambled Eggs
 ½ Bagel
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

30
 Fresh Baked Muffin
 4 oz. Yogurt
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

31
 Breakfast Sandwich
 100% Juice
 Fresh or Canned Fruit
 Low Fat or Fat Free Milk

"GMUCSD is an Equal Opportunity Provider and Employer"

Menu Subject to CHANGE