

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
-Whole Grain chocolate Chip Muffin
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

4
-Whole Grain Breakfast Bar
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

5
-Bagel Mini w/Strawberry Cream Cheese
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

6
-Whole Grain Pop Tart
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk



9
-Appleway Chocolate Oatmeal Bar
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

10
-Cinnamon Waffles
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

11
-Blueberry Lemon Bars
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk
-Whole Grain Cereal Bowl

12
-Whole Grain Donut
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

13
-Whole Grain Pop Tart
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk



16
-Cinnamon Graham Bug Bites
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

17
-Mini French Toast Bites
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

18
-Appleway Apple Oatmeal Bar
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

19
-Bagel Mini W/Strawberry Cream Cheese
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat

20
-Whole Grain Pop Tart
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk



23
-Cinnamon Graham Bug Bites
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

24
-Cinnamon Waffles-Mini
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

25
-Whole Grain Muffin
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

26
-Whole Grain Breakfast Bar
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

27
-Whole Grain Pop Tart
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk



30
-Appleway Strawberry Oatmeal Bar
-Whole Grain Cereal Bowl
-Fruit of the day
-1% White Milk or Fat Free Chocolate Milk

**White Milk
Chocolate Milk
Available
Every
Day!!!**

**All meals
served with
Fruit and
milk!**