



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
30 Apple Strudel 100% Fruit Juice Fresh Fruit Ice Cold Milk	31 Blueberry Muffin 100% Fruit Juice Plain Applesauce Ice Cold Milk	1 Strawberry Cheerios Breakfast bar 100% Fruit Juice Fresh Grapes Ice Cold Milk	2 Ham & cheese biscuit Jelly 100% Fruit Juice Sour Green Applesauce Ice Cold Milk	3 Bagel w/ cream cheese 100% Fruit Juice Fresh Apple Ice Cold Milk
6 	7 French Toast Sticks/ syrup 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	8 Lemon Loaf muffin 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	9 Mini Confetti Pancakes 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	10 Cinnamon Toast Crunch Breakfast Bar 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk
13 Super Donut 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	14 Fieldstone Apple Fruit & Grain Bar 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	15 Sausage Biscuit 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	16 Mini Maple Pancakes 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	17 Blueberry Muffin 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk
20 Ham & cheese Bagel 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	21 Whole Grain Trix Cereal Bar 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	22 Cinnamon Bagel 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	23 Banana muffin 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	24 Appleways Strawberry Oatmeal Breakfast Bar 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk
27 Mini Maple Pancakes 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	28 Chocolate chip Muffin 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk	29 Cheerios Breakfast bar 100% Fruit Juice Fresh Grapes Ice Cold Milk	30 Cherry Strudel 100% Fruit Juice Fresh Fruit Ice Cold Milk	

~Whole Grain
Cereal Bowl
Available
Daily

~Fresh Fruit
and /or
100% Fruit
Juice

~Fat Free
and 1% Milk
available

**Breakfast is
the MOST
important
meal of the
day!** 😊



Meals include rBST-free skim or 1% milk

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