

Breakfast Menu (August 2024)



MON	TUE	WED	THU	FRI
			1	2
			French Toast Sticks and Apple Sauce (WGR)	Sun Butter & Jelly Sandwich with Fruit and Milk (WGR)
5	6	7	8	9
Cereal, Fruit & Milk (WGR) Cheerios Milk	Yogurt Parfait with Granola and Peach (WGR)	Whole Grain Oat Muffin With Fruit and Milk (WGR)	Apple Cinnamon Muffins with Fruit & Milk (WGR)	Sun Butter & Jelly Wraps with Fruit and Milk (WGR)
12	13	14	15	16
Cereal, Fruit & Milk (WGR) Corn Flakes Milk	Pear Yogurt Parfait with Granola (WGR)	Blueberry Muffin with Fruit & Milk (WGR)	French Toast Sticks and Apple Sauce (WGR)	Sun Butter & Jelly Sandwich with Fruit and Milk (WGR)
19	20	21	22	23
Cereal, Fruit & Milk (WGR) Cheerios Milk	Yogurt Parfait with Granola and Peach (WGR)	Whole Grain Oat Muffin With Fruit and Milk (WGR)	Apple Cinnamon Muffins with Fruit & Milk (WGR)	Sun Butter & Jelly Wraps with Fruit and Milk (WGR)
26	27	28	29	30
Cereal, Fruit & Milk (WGR) Corn Flakes Milk	Pear Yogurt Parfait with Granola (WGR)	Blueberry Muffin with Fruit & Milk (WGR)	French Toast Sticks and Apple Sauce (WGR)	Sun Butter & Jelly Sandwich with Fruit and Milk (WGR)

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich