

JULY 2024

CITY DAY

Breakfast Calendar

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =

minimum oz -- biscuit, roll, muffin,
bread, cereal

1 milk = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability**



	Mon	Tue	Wed	Thu	Fri
	1 No School	2 No School	3 No School	4 No School 	5
8	Mini Muffin Cheese Sticks Apple 100% Fruit Juice	9 Strawberry Cream Cheese Bagel Yogurt 100% Fruit Juice Banana	10 Pop Tart Cheese Sticks 100% Fruit Juice Banana	11 Mini Cinnis Cheddar Goldfish 100% Fruit Juice Strawberry Craisins	12
15	Super Donut Cold Cereal 100% Fruit Juice Strawberry Craisins	16 Honey Bun Cheese Stick Banana 100% Fruit Juice	17 Mini Muffin Yogurt Banana 100% Fruit Juice	18 Mini Donut Ring Cheddar Goldfish 100% Fruit Juice Apple	19

**This institution is an
equal opportunity
provider.**