

Breakfast – 7am-7:25am

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| --- | --- | --- | --- | --- | --- |
| **Week 1**  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| FRUITS  | Craisins& Juice  | Apple | Pears | Mixed Fruit  | Craisins& Juice  |
| GRAINS | Cereal Kit |  Pancakes  | Cinnamon Buns | Croissants  | Cereal Kits  |
| OTHER FOODS/ CONDIMENTS  | N/A | Syrup  | N/A | N/A  | N/A  |

Milk is offered with every meal

* Fat – Free Flavored and Unflavored Milks
* Low Fat (1%) unflavored choices
* Lactose Intolerant Milks will be provided for those in need



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| **Week 2**  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| FRUITS  | Craisins& Juice  | Apples | Peaches & Juice | Pineapples  | Craisins& Juice  |
| GRAINS | Poptarts Breakfast Kit  |  Donuts  | Cereal Kit | Poptarts (1pck= 2 pcs)  | Cereal Kit |
| OTHER FOODS/ CONDIMENTS  | N/A | N/A | N/A | N/A  | N/A  |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| FRUITS  | Craisins& Juice  | Apples | Peaches & Juices | Mixed Fruit | Craisins & Juice  |
| GRAINS | Poptarts Breakfast Kits  |  Pancakes  | Poptarts (1pck= 2 pcs)  | Croissants  | Cereal Kits  |
| OTHER FOODS/ CONDIMENTS  | N/A | Syrup  | N/A | N/A  | N/A  |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| FRUITS  |  Craisins& Juice  | Apple &Juice | Pineapples&Juice | Mixed Fruits&Juice | Craisins& Juice  |
| GRAINS | Pop Tart Kits   | Mini Pancakes | Cereal Kits  | Donuts | Cereal Kits |
| OTHER FOODS/ CONDIMENTS  | N/A | Syrup | N/A | N/A  | N/A  |

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| **Week 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| FRUITS  |  | Pineapples  | Peaches & 100% Assorted Juices | Pears  | Pineapples& 100% Assorted Juice  |
| GRAINS |   |  Whole Wheat Grain Pancakes  | Whole Wheat Grain Cereal & Animal Crackers  | Whole Wheat Grain Muffins  | Whole Wheat Grain Cereal & Animal Crackers  |
| OTHER FOODS/ CONDIMENTS  |  | Syrup  | N/A | N/A  | N/A  |

Milk is offered with every meal

* Fat – Free Flavored and Unflavored Milks
* Low Fat (1%) unflavored choices
* Lactose Intolerant Milks will be provided for those in need