

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