

BREAKFAST MENU

Served: 6:45-8:15 a.m.

Weeks 1 & 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% MILK (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**
Cheerios(1/2 c.), (3/4 c.)* or Life (1/2 c.), (3/4 c.)*	Cheerios (1/2 c.), (3/4 c.)* or Oatmeal (1/2 c.), (3/4 c.)*	Life (1/2 c.), (3/4 c.)* or Waffles w/Apple Butter	Cheerios (1/2 c.), (3/4 c.)* or Life (1/2 c.), (3/4 c.)*	Life (1/2 c.), (3/4 c.)* or Yogurt (1/4 c.), (1/2 c.)* Raisin Toast (1/2 slice)

Date: 1/9-1/13, 1/23-1/27, 2/6-2/10, 2/20-2/24, 3/5-3/9, 3/19-3/23, 4/2-4/6, 4/16-4/20, 4/30-5/4, 5/14-5/18

Weeks 2 & 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**
Cheerios (1/2 c.), (3/4 c.)* or Life (1/2 c.), (3/4 c.)*	Life (1/2 c.), (3/4 c.)* or Yogurt (1/4 c.), (1/2 c.)* Bagel Flats (1/2 slice) w/ Apple Butter	Cheerios (1/2 c.), (3/4 c.)* or Oatmeal (1/2 c.), (3/4 c.)*	Life (1/2 c.), (3/4 c.)* or Waffles w/Apple Butter	Cheerios(1/2 c.), (3/4 c.)* or Life (1/2 c.), (3/4 c.)*

Date: 1/2-1/6, 1/16-1/20, 1/30-2/3, 2/13-2/17, 2/27-3/2, 3/12-3/16, 3/26-3/30, 4/9-4/13, 4/23-4/27, 5/7-5/11

**All juice is Vitamin C enriched

*6/7's& 7/8/9's