



GRAIN MEAT/ MA FRUIT VEGETABLE																									
	MONDAY 7					TUESDAY 8					WEDNSDAY 9					THURSDAY 10					FRIDAY 11				
	Banana Bread or Cereal					Bagel or Cereal					Muffin or Cereal					Waffle or cereal					Breakfast Sand or Cereal				
	Yogurt					Cream Cheese					Yogurt					String Cheese					Yogurt				
	Apple					Orange					Fruit					Fruit					Fruit Cup				
Carrot Sticks					Carrot Sticks					Celery Sticks					Carrot Sticks					Cucumber Slices					
MONDAY 14					TUESDAY 15					WEDNSDAY 16					THURSDAY 17					FRIDAY 18					
Banana Bread or Cereal					Bagel or Cereal					Muffin or Cereal					Waffle or cereal					Breakfast Sand or Cereal					
Yogurt					Cream Cheese					Yogurt					String Cheese					Yogurt					
Apple					Orange					Fruit					Fruit					Fruit Cup					
Carrot Sticks					Carrot Sticks					Celery Sticks					Carrot Sticks					Cucumber Slices					
MONDAY 21					TUESDAY 22					WEDNSDAY 23					THURSDAY 24					FRIDAY 25					
Banana Bread or Cereal					Bagel or Cereal					Muffin or Cereal					Waffle or cereal					Breakfast Sand or Cereal					
Yogurt					Cream Cheese					Yogurt					String Cheese					Yogurt					
Apple					Orange					Fruit					Fruit					Fruit Cup					
Carrot Sticks					Carrot Sticks					Celery Sticks					Carrot Sticks					Cucumber Slices					
MONDAY 28					TUESDAY 29					WEDNSDAY 30															
Banana Bread or Cereal					Bagel or Cereal					Muffin or Cereal															
Yogurt					Cream Cheese					Yogurt															
Apple					Orange					Fruit															
Carrot Sticks					Carrot Sticks					Celery Sticks															

**Available daily at breakfast: 1% and Skim Milk**  
This Institution is an equal opportunity Provider