

K-12 Breakfast

Milk Choices (available daily) *All Juices are 100% fruit juice			1% White	Fat Free Chocolate	
		Portion	8 fl. oz.	8 fl. oz.	
9/5/22-9/9/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS 1 cup daily	Cinnamon Apple Sauce ½ cup Orange Juice ½ cup	Sliced Apples ½ cup Orange Juice ½ cup	Mixed Fruit ½ cup Apple Juice ½ cup	Banana ½ cup Orange Juice ½ cup	Diced Peaches ½ cup Apple Juice ½ cup
GRAINS & M/MAS 1 oz eq. minimum/ day, 9 oz eq./ week	1oz Toasted Oats Cereal 1oz Graham Crackers	Turkey Pancake Wrap 3oz	2oz WGR 2oz Croissant	1 oz Raisin Brand	Fruity Oatmeal 1oz 1oz Graham crackers
9/12/22-9/16/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS 1 cup daily	Applesauce ½ cup Grape Juice ½ cup	Sliced Apples ½ cup Orange Juice ½ cup	Banana ½ cup Apple Juice ½ cup	Sliced apples ½ cup Cranberry Juice ½ cup	Fruit cup 8oz Orange Juice ½ cup
GRAINS & M/MAS 1 oz eq. minimum/ day, 9 oz eq./ week	2oz French Toast Sticks	WGR 2oz Banana Bread	WGR 1oz Croissant	2oz English Muffin 3oz cream cheese or jelly	1 cup WGR Raisin Brand
9/19/22-9/23/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS 1 cup daily	Bananas ½ cup Apple Juice ½ cup	Sliced Apples ½ cup Orange Juice ½ cup	Diced Pineapples ½ cup Apple Juice 1/2 cup	Diced Peaches ½ cup Apple Juice ½ cup	Apple Sause ½ cup Grape Juice ½ cup
GRAINS & M/MAS 1 oz eq. minimum/ day, 9 oz eq./ week	Croissant 2oz W/ Jelly	WGR Graham Crackers 1 oz cheese stick 1 oz	WGR 1oz Honey Toasted Oats	Fruity Oatmeal 2oz (1 cup Served)	1 oz String Cheese 1oz Chocolate Chip Graham Crackers

9/26/22-9/30/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS 1 cup daily	Sliced Apples ½ cup Orange Juice ½ cup	Diced Peaches ½ cup Apple Juice ½ cup	Banana ½ cup Orange Juice 1/2cup	Cinnamon Apple Sauce ½ cup Grape Juice 1/2 cup	Diced Pineapples ½ cup Orange Juice
GRAINS & M/MAS 1 oz eq. minimum/ day, 9 oz eq./ week	WGR French Toast Sticks 2oz 3 Sticks	1 oz Croissant w/ Jelly 1oz Graham Crackers	Fruity Oatmeal 1 oz Served (eq 2oz) 1 oz Graham Crackers	WGR 1oz Coco Puffs	WGR 2 oz English Muffins With Jelly

10/3/22-10/7/22	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS 1 cup daily	Mandarins ½ cup Grape juice ½ cup	Mixed Fruit Cup ½ Apple juice ½ cup	Cinnamon Apples ½ cup Orange Juice ½ cup	Banana ½ cup Cranberry Juice ½ cup	Diced Pears ½ cup Grape juice 1/2 cup
GRAINS & M/MAS 1 oz eq. minimum/ day, 9 oz eq./ week	WGR Turkey Pancake Wrap 3oz	Raisin Brand 1 cup	Cinnamon Toast Crunch ½ cup	Blueberry Muffins ½ cup	Coco puffs 1/2 cup