

# August K-8 Breakfast Menu

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Menu Subject to Change.</b></p> <p><b>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</b></p>	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ WG Crunch Mania (37) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1 oz equ WG Cocoa Puffs cereal (25) 1oz equ WG goldfish grahams (19) Milk	4oz 100% juice (15) ½ c Strawberry applesauce (20) 1oz equ WG animal crackers (21) 1oz Mozzarella string cheese Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ Lemon chip crunch cereal bar (42) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1oz equ WG goldfish grahams (19) 4oz Danimals yogurt (16) Milk	4oz 100% juice (15) ½ c Strawberry applesauce (20) 1oz equ WG graham crackers (18) 1oz Mozzarella string cheese Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Golden Grahams cereal (24) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ WG cherry apple crunch bar (43) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1 oz equ WG Trix cereal (24) 1oz equ WG goldfish grahams (19) Milk	4oz 100% juice (15) ½ c Strawberry applesauce (20) 1oz equ WG graham crackers (18) 1oz Mozzarella string cheese Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ WG Cinnamon Toast Crunch cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ WG Crunch Mania (37) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1 oz equ WG Cocoa Puffs cereal (25) 1oz equ WG goldfish grahams (19) Milk	4oz 100% juice (15) ½ c Strawberry applesauce (20) 1oz equ WG animal crackers (21) 1oz Mozzarella string cheese Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
4oz 100% juice (15) ½ c Fresh apple (15) 1oz equ WG goldfish grahams (19) 0.75oz Cheddar cheese Milk	4oz 100% juice (15) ¼ c Raisins (½ c equ) (31) 1oz equ Apple Cinnamon Cheerios cereal (22) 1oz equ WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 2oz equ Lemon chip crunch cereal bar (42) Milk	4oz 100% juice (15) ¼ c Craisins (½ c equ) (28) 1oz equ WG goldfish grahams (19) 4oz Danimals yogurt (16) Milk	