

May K-12 Breakfast Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Menu Subject to Change.</p> <p>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</p>	4oz 100% juice (15) ½ c Fresh orange (15) 1oz WG goldfish grahams (19) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ½ c Fresh apple (15) WG breakfast pizza (1.5oz G, 1oz MMA) (28) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz WG Cocoa Puffs cereal (25) 1oz WG goldfish grahams (19) Milk	4oz 100% juice (15) ¼ c Craisins (28) 1.75oz WG French toast sticks (27) Syrup cup (29) Milk
7	8	9	10	11
4oz 100% juice (15) ½ c Fresh apple (15) 1oz WG Apple Cinnamon Cheerios cereal (22) 1oz WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz WG goldfish grahams (19) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 1oz WG mini biscuit (13) 2 each WG chicken nuggets (0.25oz G, 0.75oz MMA) (6) Syrup cup (29) Milk	4oz 100% juice (15) ½ c Applesauce (15) 2oz WG banana breakfast bar (48) Milk	4oz 100% juice (15) ¼ c Craisins (28) WG breakfast sliders (1.25oz G, 0.75oz MMA) (21) Milk
14	15	16	17	18
4oz 100% juice (15) ½ c Fresh apple (15) 1oz WG Golden Grahams cereal (24) 1oz WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz WG goldfish grahams (19) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ½ c Fresh apple (15) 2oz WG pancakes (41) Syrup cup (29) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz WG Trix cereal (24) 1oz WG goldfish grahams (19) Milk	4oz 100% juice (15) ¼ c Craisins (28) 1oz WG mini biscuit (13) 2 each Turkey sausage links (1.25oz MMA) Margarine cup Milk
21	22	23	24	25
4oz 100% juice (15) ½ c Fresh apple (15) 1oz WG Cinnamon Toast Crunch cereal (22) 1oz WG animal crackers (21) Milk	4oz 100% juice (15) ½ c Fresh orange (15) 1oz WG goldfish grahams (19) 4oz Yogurt cup (16) Milk	4oz 100% juice (15) ½ c Fresh apple (15) WG breakfast pizza (1.5oz G, 1oz MMA) (28) Milk	4oz 100% juice (15) ½ c Applesauce (15) 1oz WG Cocoa Puffs cereal (25) 1oz WG goldfish grahams (19) Milk	4oz 100% juice (15) ¼ c Craisins (28) 1.75oz WG French toast sticks (27) Syrup cup (29) Milk
28	29	30	31	
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