

Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>The very best days start with a very good breakfast.</p>				<p><b>1</b></p> <p>Assorted WG Breakfast Pastries</p> <p>Applesauce Cup 100% Fruit Juice Milk Choice</p>
<p><b>4</b></p> <p><b>WG Muffin</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>5</b></p> <p><b>WG Frudel</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>6</b></p> <p><b>French Toast Minis</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>7</b></p> <p><b>WG Raspberry Roll</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>8</b></p> <p>Assorted WG Breakfast Pastries</p> <p>Applesauce Cup 100% Fruit Juice Milk Choice</p>
<p><b>11</b></p> <p><b>Honey Bun</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>12</b></p> <p><b>WG Muffin Top</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>13</b></p> <p><b>Cini Minis</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>14</b></p> <p><b>Eggo Mini Pancakes</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>15</b></p> <p>Assorted WG Breakfast Pastries</p> <p>Applesauce Cup 100% Fruit Juice Milk Choice</p>
<p><b>18</b></p> <p><b>Cinnamon Roll</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>19</b></p> <p><b>Benefit Bar</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>20</b></p> <p><b>Eggo French Toast Minis</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>21</b></p> <p><b>WG Cereal w/Crackers</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>22</b></p> <p>Assorted WG Breakfast Pastries</p> <p>Applesauce Cup 100% Fruit Juice Milk Choice</p>
<p><b>25</b></p> <p><b>MEMORIAL DAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>26</b></p> <p><b>WG Frudel</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>27</b></p> <p><b>French Toast Minis</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>28</b></p> <p><b>WG Cereal w/Crackers</b></p> <p>Fruit Choice 100% Fruit Juice Milk Choice</p>	<p><b>29</b></p> <p>Assorted WG Breakfast Pastries</p> <p>Applesauce Cup 100% Fruit Juice Milk Choice</p>

**WHAT MAKES A BREAKFAST?**  
 You must choose at least 3 of the 4 components  
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate  
 Choice of 2 fruits and Choice of low-fat milk.  
 \*½ c serving of fruits or vegetables must be one of the 3 components

**MILK OPTIONS**  
 Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

**FRUIT OPTIONS**  
 May choose 2 - ½ cup servings  
 Banana, Fresh  
 Apple Slices, Applesauce, Craisins, Raisins, 100% Juice

**ALTERNATE MENU OPTIONS**  
 Assorted Cereal w/Crackers  
 Assorted Yogurt w/Crackers

