

July Breakfast



SERVED WITH CHOICE
of

MILK

ALL GRAINS ARE WHOLE
GRAIN RICH

Peanuts!!
Pork* Beef#
Whey= Soy\$
Corn> Wheat+
Milk@ Gluten^
Eggs% Fish~

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz
4 NO SCHOOL	5 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	6 Chocolate Chip Muffin ^+\$\$%@ 1.9oz G Seasonal Fresh Fruit 1/2 cup F Milk@ 8oz	7 Cinnamon Round ^+\$\$%@ 2.2 oz G Seasonal Fresh Fruit 1/2 cup F Milk@ 8oz	8 Oat Breakfast Bun ^+\$\$%@ 2.6 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz
11 Bagel ^+2.2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	12 Apple Cinnamon Mini Muffin ^+\$\$ 1.9 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	13 Breakfast Apple Bar ^+\$\$@% 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	14 Muffin Top ^+\$\$ 3oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	15 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz
18 Ch Chip Breakfast Bar 2.5 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	19 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	20 Muffin Top ^+\$\$ 3 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	21 Apple Cinnamon Mini Muffin ^+\$\$ 1.9 oz G Seasonal Fresh Fruit 1/2 cup F Yogurt @ \$ 4oz M Milk@ 8oz	22 Oat Breakfast Bun ^+\$\$%@ 2.6 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz
25 Bagel ^+2.2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	26 Apple Cinnamon Mini Muffin ^+\$\$ 1.9 oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	27 Breakfast Apple Bar ^+\$\$@% 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz	28 Chocolate Chip Muffin ^+\$\$%@ 1.9oz G Seasonal Fresh Fruit 1/2 cup F Milk@ 8oz	29 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @ 8oz