

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Chocolate MuffinHS, 1 Vanilla Low Fat Yogurt-HS, 1 cup AppleHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz	2 Mini Bagel w/Strawberry Cream Cheese-HS, 1 Fruit Medley HS-B, 1 cup Flavored/Unflavored Skim Milk-B, 8 oz	3 Oatmeal, 8 oz PB wheat bread2, 2 slices OrangeHS, 1 Flavored/Unflavored Skim Milk-B, 8 oz	4 French Toast-HS, 1 Syrup-HS, 1oz Banana, 1 Whole Wheat Toast-HS, 1 slice Flavored/Unflavored Skim Milk-B, 8 oz	5 Breakfast Burrito-HS, 1 PB wheat bread2, 2 slices Mandarines, 1/2 cup Flavored/Unflavored Skim Milk-B, 8 oz
8 Blueberry BagelsDC, 1 Cream Cheese, 1 oz Mandarines, 1/2 cup Flavored/Unflavored Skim Milk-B, 8 oz	9 Banana Muffin-HS, 1 Vanilla Low Fat Yogurt-HS, 1 cup AppleHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz	10 Waffle, 2 Syrup-HS, 1oz Fruit Medley -B, 1 cup Whole Wheat Toast-HS, 1 slice Flavored/Unflavored Skim Milk-B, 8 oz	11 Whole Wheat Pancakes, 1 Syrup-HS, 1oz Banana, 1 Whole Wheat Toast-HS, 1 slice Flavored/Unflavored Skim Milk-B, 8 oz	12 Pancake Wrap-HS, 1 PB wheat bread2, 2 slices OrangeHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz
15 Blueberry Muffins-HS, 1 Vanilla Low Fat Yogurt-HS, 1 cup AppleHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz	16 Raisin Cinnamon Bagels-HS, 1 Cream Cheese-HS, 1 oz Fruit Medley -B, 1 cup Peanut Butter on Wheat-HS, 1 Flavored/Unflavored Skim Milk-B, 8 oz	17 French Toast Sticks-HS, 3 Syrup-HS, 1oz Applesauce, 1/2 cup Whole Wheat Toast-HS, 1 slice Flavored/Unflavored Skim Milk-B, 8 oz	18 Waffle-HS, 1 Syrup-HS, 1oz Banana, 1 Flavored/Unflavored Skim Milk-B, 8 oz	19 Breakfast SlidersHS, 1 PB wheat bread2, 2 slices OrangeHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz
22 Blueberry Bagel-HS, 1 Cream Cheese-HS, 1 oz Peanut Butter on Wheat-HS, 1 Apple-HS, 1 Flavored/Unflavored Skim Milk-B, 8 oz	23 Apple Cinnamon Muffin-HS, 1 Vanilla Low Fat Yogurt-HS, 1 cup PB wheat bread2, 2 slices Fruit Medley-L, 1 cup Flavored/Unflavored Skim Milk-B, 8 oz	24 Whole Wheat Pancakes, 1 Syrup, 1 oz OrangeHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz	25 French Toast-HS, 1 Banana, 1 Flavored/Unflavored Skim Milk-B, 8 oz	26 Scrambled Eggs HS, 4 oz Whole Wheat Toast-HS, 1 slice Mandarines, 1/2 cup Flavored/Unflavored Skim Milk-B, 8 oz
29	30 Waffle, 2 Syrup, 1 oz Banana, 1 Flavored/Unflavored Skim Milk-B, 8 oz	31 Scrambled Eggs HS, 4 oz Whole Wheat Toast-HS, 1 slice OrangeHSB, 1 Flavored/Unflavored Skim Milk-B, 8 oz		