



Monday	Tuesday	Wednesday	Thursday	Friday
1 Muffins or Cereal pouches Cupped Fruit Fruit Juice Yogurt, Assorted	2 Sausage Biscuit or Cereal pouches Pineapple Tidbits Fruit Juice	3 Mini Cinnis or Cereal pouches Yogurt, Assorted Elf Grahams Chilled Fresh Fruit Fruit Juice	4 Crescent Grape Cereal pouches Yogurt, Assorted Peaches Milk, Choc. Skim MILK, 1% Lowfat	5 Biscuits or Cereal pouches Ham/ Egg/ Cheese Bar Canned fruit Fruit Juice
8 Apple Frudel or Cereal pouches Elf Grahams String Cheese Stix Canned fruit Fruit Juice	9 Pancake/Sausage Stick or Cereal pouches Graham Crackers Chilled Fresh Fruit Fruit Juice	10 Brkfst Sliders or Cereal pouches SPORTS Bites Canned fruit Fruit Juice	11 Mini Maple Waffles or Cereal pouches String Cheese Stix Applesauce Fruit Juice	12 Breakfast Pizza or Cereal pouches Fruit Juice Fruit Cocktail
15 Pop tart or Cereal pouches Canned fruit Fruit Juice	16 Breakfast Burrito or Cereal pouches Canned fruit Fruit Juice	17 Bagel or Cereal pouches Elf Grahams Canned fruit Fruit Juice	18 Dutch Waffle or Cereal pouches Yogurt, Assorted Chilled Fresh Fruit Fruit Juice	19 Chicken Biscuit or Cereal pouches Peaches Fruit Juice
22 Un crustable P.B.J Cereal pouches Fruit Juice Chilled Pears Yogurt, Assorted	23 Strawberry Bagels or Cereal pouches Yogurt, Assorted Chilled Fresh Fruit Fruit Juice	24 N. E. Coffee Cake or Cereal pouches Yogurt, Assorted Chilled Fresh Fruit Fruit Juice	25 Mini French Toast or Cereal pouches Canned fruit Fruit Juice	26 Powered Mini Donuts or Cereal pouches Canned fruit Fruit Juice Yogurt, Assorted
29 Mini Maple Pancakes or Cereal pouches Graham Crackers Canned fruit Fruit Juice	30 Breakfast Round or Cereal pouches Yogurt, Assorted Applesauce Fruit Juice	31 Apple Frudel or Cereal pouches Elf Grahams String Cheese Stix Canned fruit Fruit Juice	Children who eat breakfast perform better academically and also behave better.	

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