

## Breakfast & Snack Menu

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
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3	4 Breakfast: 2 Oz Granola Cereal, 4 Oz yogurt, 1 Cup Oranges, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Pineapple	5 Breakfast: 2 Oz Whole Wheat Bagel, 3/4 Oz Cream Cheese, 1 Cup Oranges, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Apple	6 Breakfast: 2 Oz Whole Gran Oatmeal, 1 Cup Banana, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Papaya	7 Breakfast: 2 Oz Granola, 4 Oz Yogurt, 1 Cup Pineapple, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Oranges	8 Breakfast: 2 Oz Whole Wheat Bagel, 3/4 Oz Cream Cheese, 1 Cup Banana, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Apple	9
10	11 Breakfast: 2 Oz Whole Gran Oatmeal, 1 Cup Pineapple, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Orange	12 Breakfast: 2 Oz Fried Rice W/ Egg & Ham, 1 Cup Papaya 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Apple	13 Breakfast: 2 Oz Whole Wheat Bagel, 3/4 Oz Cream Cheese, 1 Cup Banana, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Pineapple	14 Breakfast: 2 Oz Whole Gran Oatmeal, 1/2 Cup Strawberry & 1/2 Cup Blueberries 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Papaya	15 Breakfast: 2 Oz Granola, 4 Oz Yogurt, 1 Cup Orange, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Apple	16
17	18 Breakfast: 2 Oz Whole Gran Oatmeal, 1 Cup Banana, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Apples	19 Breakfast: 2 Oz Whole Wheat Bagel, 3/4 Oz Cream Cheese, 1 Cup Oranges, 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Pineapple	20 Breakfast: 2 Oz Fried Rice W/ Egg & Ham, 1 Cup Papaya 8 Oz Milk (1% White or Fat Free Chocolate) Snack: Banana	21 CHRISTIMAS HOLIDAY	22 CHRISTIMAS HOLIDAY	23
24	25 CHRISTIMAS HOLIDAY	26 CHRISTIMAS HOLIDAY	27 CHRISTIMAS HOLIDAY	28 CHRISTIMAS HOLIDAY	29 CHRISTIMAS HOLIDAY	30
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