



Breakfast Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
WG Chocolate Oatmeal Bar (2 grains) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 290 Calories 480 Carbohydrates 89 Sugar 67</i>	Breakfast Turnover (2 grains) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 400 Calories 490 Carbohydrates 85 Sugar 63</i>	WG Honey/Cinnamon Bun (2 grains) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 390 Calories 450 Carbohydrates 75 Sugar 57</i>	WG Smart Double Chocolate Muffin Top (1 grain) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 330 Calories 480 Carbohydrates 86 Sugar 50</i>	WG Poptart (1.25 grain) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 320 Calories 470 Carbohydrates 99 Sugar 66</i>
Monday	Tuesday	Wednesday	Thursday	Friday
WG Cereal Bar (1 grain) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 255 Calories 440 Carbohydrates 91 Sugar 58</i>	Fruit Yogurt & WG Bear Grahams (1m, 1wg) Whole Apple 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 310 Calories 500 Carbohydrates 101 Sugar 73</i>	WG Honey/Cinnamon Bun (2 grains) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 390 Calories 450 Carbohydrates 75 Sugar 57</i>	WG Lemon Bar (1 grain) Applesauce 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 290 Calories 450 Carbohydrates 89 Sugar 66</i>	WG Goody Ring (2 grain) Whole Apple 1/2c Juice 1/2c Milk 1% or 0% (1c) <i>Sodium 400 Calories 440 Carbohydrates 70 Sugar 54</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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