



Breakfast Menu K-8

Monday	Tuesday	Wednesday	Thursday	Friday
WG Chocolate Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 290 Calories 480 Carbohydrates 89 Sugar 67</i>	Cinnamon Strudel (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 400 Calories 490 Carbohydrates 85 Sugar 63</i>	WG Honey/Cinnamon Roll (2 grains) Apple or 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) Apple or 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) Apple or 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) Apple or 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) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 310 Calories 500 Carbohydrates 101 Sugar 73</i>	WG Apple Cinnamon Donut (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 330 Calories 450 Carbohydrates 75 Sugar 61</i>	WG Lemon Bar (1 grain) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 290 Calories 450 Carbohydrates 89 Sugar 66</i>	WG Strawberry Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c) <i>Sodium 290 Calories 480 Carbohydrates 89 Sugar 66</i>

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

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 Office of the Assistant Secretary for Civil Rights
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 Washington, D.C. 20250-9410;
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- (3) email: program.intake@usda.gov