

**September 2018
K-12 Breakfast**

Monday	Tuesday	Wednesday	Thursday	Friday
9/3	9/4	9/5	9/6	9/7
½ c Fresh Orange (15) ½ c Applesauce(15) 1oz Golden Grahams Cereal(24) 1oz WG Animal Crackers(21) Milk	4oz 100% Juice (15) ½ c Fresh Apple(15) 2oz WG Cherry Crunch Bar (43) Milk	4oz 100% Juice (15) ½ c Applesauce (15) 2oz WG Cinnamon Bun Snacks (37) Milk	4oz 100% Juice (15) ½ Fresh Banana (15) 1oz WG Cheerios Cereal (24) 1oz WG goldfish grahams (19) Milk	4oz 100% Juice (15) ¼ c Craisins (15) 1oz WG Cinnamon Chex cereal (22) 1oz Mozzarella String Cheese Milk
9/10	9/11	9/12	9/13	9/14
½ c Fresh Orange (15) ½ c Applesauce (15) 1oz WG Cinnamon Toast Crunch Cereal(22) 1oz WG Animal Crackers(21) Milk	4oz 100% Juice (15) ½c Fresh Apple (15) 2oz WG Triple Berry Crunch bar (42) Milk	4oz 100% Juice (15) ½ c Applesauce 2oz WG Lemon Crunch Bar (42) Milk	4oz 100% Juice (15) ½ c Fresh Banana(15) 1oz WG Apple Zings Cereal (24) 1oz WG Goldfish Grahams (19) Milk	4oz 100% Juice (15) ¼ c Craisins(15) 2oz WG Cinnamon Raisin Bagel Margarine Milk
9/17	9/18	9/19	9/20	9/21
½ c Fresh Orange (15) ½ c Applesauce 1oz Fruity Cheerios Cereal (25) 1oz WG Animal Crackers (21) Milk	4oz 100% Juice (15) ½ c Fresh Apple (15) 2oz WG Cinnamon Cream Cheese Mini Bagels (42) Milk	4oz 100% Juice (15) ½ c Applesauce 2oz WG Lemon Crunch Bar (42) Milk	4oz 100% Juice (15) ½ c Fresh Banana 1oz WG Cheerios Cereal(14) 1oz WG Goldfish Grahams(19) Milk	4oz 100% Juice (15) ¼ c Craisins(15) 1oz WG Trix Cereal (24) 1oz Cheddar Cheese Square Milk
9/24	9/25	9/26	9/27	9/28
½ c Fresh Orange (15) ½ c Applesauce(15) 1oz WG Golden Grahams Cereal (24) 1oz WG Animal Crackers (21) Milk	4oz 100% Juice (15) ½ c Fresh Apple (15) 2oz WG Triple Berry Crunch Bar (42) Milk	4oz 100% Juice (15) ½ c Applesauce (15) 2oz WG Cinnamon Bun Snacks (37) Milk	4oz 100% Juice (15) ½ c Fresh Banana (15) 1oz WG Apple Zings Cereal (24) 1oz WG Goldfish Grahams (19) Milk	4oz 100% Juice (15) ¼ c Craisins(15) 1oz WG Trix Cereal (24) 1oz Cheddar Cheese Square Milk



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