

March 2019 K-8 Cold Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Menus Subject to Change				4oz 100% Juice (15) ½ c Banana (15) 1oz Berry Crunch Cereal [1OEG] (24) Milk (12)
4	5	6	7	8
4 oz 100% Juice (15) ½ c Fresh Apple (15) Chocolate Chip Oatmeal Bar [1OEG] (23) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz Triple Berry Crunch Bar [2OEG] (42) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) WG Trix Cereal Bar [1OEG] (30) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) Cinnamon Cream Cheese Bagel [2OEG] (42) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1 oz Apple Zing [1OEG] (19) 1 oz Goldfish Graham [1OEG] (14) Milk (12)
11	12	13	14	15
4 oz 100% Juice (15) ½ c Fresh Apple (15) Strawberry Yogurt [1OEG] (14) Granola [1OEG] (20) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Blueberry Muffin [1OEG] (26) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) 1 oz Golden Graham Cereal [1OEG] (24) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) Breakfast Round [2OEG] (43) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1oz Trix Cereal [1OEG] (24) 1 oz Graham Cracker [1OEG] (14) Milk (12)
18	19	20	21	22
4 oz 100% Juice (1) ½ c Fresh Apple (15) 2 oz Cherry Granola Bar [2OEG] (43) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz Lemon Chip Bar [2OEG] (42) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) 1 oz Cinnamon Toast Crunch Cereal [1OEG] (22) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) Cinnamon Breakfast Square [1OEG] (30) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1 oz Cocoa Puffs [1OEG] (25) 1 oz Goldfish Graham [1OEG] (14) Milk (12)
25	26	27	28	29
4 oz 100% Juice (15) ½ c Fresh Apple (15) Banana Muffin [1OEG] (31) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Apple Cinnamon Bar [2OEG] (48) Milk (12)	4 oz 100% Juice (15) ½ c Applesauce (15) 1 oz Fruity Cheerios [1OEG] (25) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) Mini Strawberry Bagel [2OEG] (41) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1 oz Berry Crunch Cereal [1OEG] (24) 1 oz String Cheese [1MMA] (12)



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