


2019 Summer Food Breakfast Menu



June

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						
2	3	4	5	6	7	8
9	10 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	11 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	12 Whole Grain Chocolate Muffin Chocolate Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	13 Whole Grain Raisin Toast Raisin toast 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	14 Whole Grain Cinnamon Muffin Cinnamon Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	15
16	17 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	18 Fruit Danish Fruit Danish 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	19 Whole Grain Blueberry Muffin Blueberry Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	20 Breakfast Granola Bar Granola Bar 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	21 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	22
23	24 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	25 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	26 Whole Grain Chocolate Muffin Chocolate Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	27 Whole Grain Raisin Toast Raisin toast 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	28 Whole Grain Cinnamon Muffin Cinnamon Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	29
30						

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July

2019 Summer Food Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	2 Fruit Danish Fruit Danish 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	3 Whole Grain Blueberry Muffin Blueberry Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	4 HAPPY 4TH OF JULY	5 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	
7	8 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	9 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	10 Whole Grain Chocolate Muffin Chocolate Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	11 Whole Grain Raisin Toast Raisin toast 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	12 Whole Grain Cinnamon Muffin Cinnamon Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	13
14	15 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	16 Fruit Danish Fruit Danish 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	17 Whole Grain Blueberry Muffin Blueberry Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	18 Breakfast Granola Bar Granola Bar 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	19 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	20
21	22 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	23 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	24 Whole Grain Chocolate Muffin Chocolate Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	25 Whole Grain Raisin Toast Raisin toast 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	26 Whole Grain Cinnamon Muffin Cinnamon Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	27
28	29 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	30 Fruit Danish Fruit Danish 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	31 Whole Grain Blueberry Muffin Blueberry Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz			

August

2019 Summer Food Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Breakfast Granola Bar Granola Bar 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	2 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	
4	5 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	6 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	7 Whole Grain Chocolate Muffin Chocolate Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	8 Whole Grain Raisin Toast Raisin toast 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	9 Whole Grain Cinnamon Muffin Cinnamon Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	10
11	12 Whole Grain Cereal Cereal 1 oz 100% Fruit Juice ½ cup 1% Milk 8 oz	13 Fruit Danish Fruit Danish 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	14 Whole Grain Blueberry Muffin Blueberry Muffin 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	15 Breakfast Granola Bar Granola Bar 50g 100% Fruit Juice ½ cup 1% Milk 8 oz	16 Whole Grain Bagel Bagel 25g 100% Fruit Juice ½ cup 1% Milk 8 oz	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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