


Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Cooked oatmeal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>2</b> Assorted muffins Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.
<b>5</b> French toast Potato Scramble eggs Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>6</b> 2 waffles with syrup Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>7</b> Cooked oatmeal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>8</b> Cold cereal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>9</b> Whole wheat toast (2 slices) w. 2 slices of cheese Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.
<b>12</b> Plain bagel w/cream cheese or butter Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>13</b> Assorted muffins Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>14</b> Cooked oatmeal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>15</b> Whole wheat toast (2 slices) Fresh seasonal fruit Yogurt 1% milk, 8 oz. Juice, 4 oz.	<b>16</b> 2 waffles with syrup Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.
<b>19</b> Assorted cold cereal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>20</b> Pancakes w/syrup (2) Fresh seasonal fruit % milk, 8 oz. Juice, 4 oz.	<b>21</b> Oatmeal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>22</b> Assorted muffins Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>23</b> Cold cereal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.
<b>26</b> Whole wheat toast (2 slices) or Yogurt, 8 oz. Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>27</b> Assorted muffins Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>28</b> Yogurt parfait Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>29</b> Cooked oatmeal Fresh seasonal fruit 1% milk, 8 oz. Juice, 4 oz.	<b>30</b> Whole wheat toast (2 slices) Fresh seasonal fruit Yogurt 1% milk, 8 oz. Juice, 4 oz.

**NOTES:**  
 Syrup = sugar free  
 Milk = unflavored  
 Fresh seasonal fruit = apple or banana