

**BREAKFAST MENU CYCLE 2020-21**

**Nov-20**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WEEK 1	WG Pancakes(2B/G) <b>2</b> WG Waffles(2B/G)  Oranges (1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)		Biscuit(2oz=2B/G) <b>4</b> Sausage Apples(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	WG Muffin(2oz=2B/G) Banana(1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>6</b> Can Pears(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 2	WG Fruit Pastry Frudel(2B/G) WG Snack Bun or Bites(2B/G) Juice(1/2C) Oranges(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>10</b> Fruity Raisins/CranRaisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>11</b> Sausage Kiwi(1/2C) Juice(1/2C) Milk Choices(1C) Grits w/Toast(2 B/G) *Cereal w/ Toast(2B/G)	WG Ham/Cheese Wrap(1B/G,2M/MA) Banana(1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>13</b> Applesauce(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 3	WG Pancake / Sausage Stick(1.5B/G,1M/MA) <b>16</b>  Oranges(1/2C) and Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>17</b> Raisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>18</b> Sausage Apples(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Eggs w/Toast(1 B/G,1.5M/MA) Grits w/Toast(2 B/G)(May serve with eggs) Banana(1/2C) and Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>20</b> Can Peaches(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 4	Smoothie, Fruit Puree w/ Toast(1B/G,1M/MA) <b>23</b> Breakfast Parfait(1B/G,1/2C F,1M/MA) Waffle, Dutch(2B/G) Oranges(1/2) Juice(1/2) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>24</b> Fruity Raisins/CranRaisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>25</b> Sausage Kiwi(1/2C) Juice(1/2C) Milk Choices(1C) Grits w/Toast(2 B/G) *Cereal w/ Toast(2B/G)	WG Pop Tarts(3.53oz=2B/G) WG Egg & Cheese Sandwich(2.34oz=1B/G,1M/MA)  Juice(1/2C) AND Banana(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>27</b> Can Mixed Fruit(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 1	WG Pancakes(2B/G) <b>30</b> WG Waffles(2B/G)  Oranges (1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)				

\*Offer cereal with toast as an additional option everyday. \*\*Poptarts or Cereal/and any 1 B/G Cracker for Emergency Menu