

**BREAKFAST MENU CYCLE 2020-21**

**Oct-20**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
WEEK 4				WG Pop Tarts(3.53oz=2B/G)  Juice(1/2C) AND Banana(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>2</b> Can Mixed Fruit(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 1	WG Pancakes(2B/G) <b>5</b> WG Waffles(2B/G)  Oranges (1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>6</b> Raisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>7</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>9</b> Can Pears(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 2	WG Fruit Pastry Frudel(2B/G)  Juice(1/2C) Oranges(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>13</b> Fruity Raisins/CranRaisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>14</b> Sausage Kiwi(1/2C) Juice(1/2C) Milk Choices(1C) Grits w/Toast(2 B/G) *Cereal w/ Toast(2B/G)	WG Muffin(2oz=2B/G) <b>15</b>  Banana(1/2C) Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>16</b> Applesauce(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)
WEEK 3	WG IW Pancakes Mini(2B/G)  Oranges(1/2C) and Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>20</b> Raisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>21</b> Sausage Apples(1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	<b>22</b> or WG Muffin(2oz=2B/G)  Banana(1/2C) and Juice(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>23</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>26</b>  Waffle, Dutch(2B/G) Oranges(1/2) Juice(1/2) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Beignets(2oz=2B/G) <b>27</b> Fruity Raisins/CranRaisins(1/4C=1/2C) Juice(1/2C) Milk Choices(1C)  *Cereal w/ Toast(2B/G)	Biscuit(2oz=2B/G) <b>28</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)  Juice(1/2C) AND Banana(1/2C) Milk Choices(1C) *Cereal w/ Toast(2B/G)	Cinnamon Roll(2oz=2B/G) <b>30</b> Can Mixed Fruit(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