

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Nutritional Fact: Whole Grains provide fiber, vitamins, minerals, and other nutrients. Whole Grains help to control weight and blood pressure.**



**5**  
Apple Cinnamon Cheerios  
Applesauce  
WGR Toast W/ Jelly  
Milk

**6**  
WG French Toast  
W/ Syrup  
Mixed Fruit  
Milk

**7**  
WG Waffles  
W/ HM Blueberry Syrup  
Turkey Sausage  
Milk

**1**  
WGR Biscuit  
W/ Jelly  
Strawberries  
Milk

**2**  
WGR Pancakes w/ Syrup  
Turkey Sausage Link  
Mandarin Oranges  
Milk

**12**  
WGR Toasted Oats  
WGR Toast W/ Jelly  
Banana  
Milk

**13**  
Cheese Wrap  
WGR Tortilla  
Hash Browns  
Milk

**14**  
WGR Bagel W/ Cheese  
Yogurt Cup  
Milk

**8**  
Shredded Potato  
Egg & Cheese  
Casserole  
Diced Apples / Milk

**9**  
WGR English Muffin  
W/Sliced Turkey & Cheese  
Mandarin Oranges  
Milk

**15**  
WG Biscuit  
W/ Jelly  
Strawberries  
Milk

**16**  
WGR Pancakes w/ Syrup  
Turkey Sausage Link  
Mandarin Oranges  
Milk

**19**  
Rice Krispie Cereal  
WGR Toast W/ Jelly  
Banana  
Milk

**20**  
WG French Toast  
W/ Syrup  
Peaches  
Milk

**21**  
WG Waffles  
W/ HM Blueberry Syrup  
Turkey Sausage  
Milk

**22**  
Egg & Cheese  
Casserole  
Hash Brown  
Milk

**23**  
WGR English Muffin  
W/Sliced Turkey & Cheese  
Cinnamon Apple Slices  
Milk

**26**  
WGR Toasted Oats  
WGR Toast W/Jelly  
Banana  
Milk

**27**  
Cheese Wrap  
WGR Tortilla  
Hash Browns  
Milk

**28**  
WGR Bagel W/ Cheese  
Yogurt Cup  
Milk

**29**  
WG Biscuit  
W/ Jelly  
Strawberries  
Milk

**30**  
WGR Pancakes w/ Syrup  
Turkey Sausage Link  
Mandarin Oranges  
Milk

**Milk – 8oz.**

**Meat/Meat Alternate – 1 oz.**

**Fruits/Vegetables – 1/4 cup**

**Soup – 4 oz. Yogurt -4 oz.**

HM = Homemade

WG = Whole Grain Rich

This Institution is an equal  
Opportunity Employer