



Breakfast Menu K-8

<p>Monday</p> <p>WG Chocolate Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 290 Calories 480 Carbohydrates 89 Sugar 67</i></p>	<p>Tuesday</p> <p>Cinnabar Strudel (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 400 Calories 490 Carbohydrates 85 Sugar 63</i></p>	<p>Wednesday</p> <p>WG Honey/Cinnamon Roll (2 grains) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 390 Calories 450 Carbohydrates 75 Sugar 57</i></p>	<p>Thursday</p> <p>WG Smart Chocolate Muffin (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 330 Calories 480 Carbohydrates 86 Sugar 50</i></p>	<p>Friday</p> <p>WG Poptart (1.25 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 320 Calories 470 Carbohydrates 99 Sugar 66</i></p>
<p>Monday</p> <p>WG Strawberry Oatmeal Bar (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 290 Calories 480 Carbohydrates 89 Sugar 67</i></p>	<p>Tuesday</p> <p>Fruit Drizzle Roll (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 310 Calories 500 Carbohydrates 101 Sugar 73</i></p>	<p>Wednesday</p> <p>WG Honey/Cinnamon Roll (2 grains) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 390 Calories 450 Carbohydrates 75 Sugar 57</i></p>	<p>Thursday</p> <p>WG Zucchini Bread Slice (2 grains) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 290 Calories 450 Carbohydrates 89 Sugar 66</i></p>	<p>Friday</p> <p>WG Cereal Bar (1 grain) Apple or Applesauce 1/2c) Juice (1/2c) Milk 1% or 0% (1c)</p> <p><i>Sodium 255 Calories 440 Carbohydrates 91 Sugar 88</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

“this institution is an equal opportunity provider”

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [800-877-8339](tel:800-877-8339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [866-632-9992](tel:866-632-9992). Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: [202-690-7442](tel:202-690-7442); or
- (3) email: program.intake@usda.gov