



Breakfast Menu K-8

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

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

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- (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