

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Breakfast
- **Turkey Sausage & Egg Breakfast Bagel**
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Turkey Sausage & Egg Breakfast Bagel**
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

4

- Breakfast
- **WG Chocolate Chocolate Chip Muffin**
 - Fresh Red Seedless Grapes
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Chocolate Chip Muffin**
 - Fresh Red Seedless Grapes
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

5

- Breakfast
- **Cinnamon Toast Crunch**
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cup
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Cinnamon Toast Crunch**
 - Tropical Fruit Cup
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

6

- Breakfast
- **Mini Confetti Pancakes**
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Mini Confetti Pancakes**
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

7

- Breakfast
- **IW WG Bagel**
 - Light Cream Cheese
 - Fresh Banana
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **IW WG Bagel**
 - Light Cream Cheese
 - Fresh Banana
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

8

- Breakfast
- **Apple Frudel**
 - Sliced Fresh Apples
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Cheddar Goldfish Crackers**
 - Strawberry Yogurt
 - Sliced Fresh Apples
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

11

- Breakfast
- **Frosted Cinnamon Pop-Tart**
 - Triple Cherry Yogurt
 - Unsweetened Applesauce
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Bagel**
 - Light Cream Cheese
 - Triple Cherry Yogurt
 - Unsweetened Applesauce
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

12

- Breakfast
- **Banana Chocolate Chunk BeneFIT Bar**
 - Fresh Banana
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Heartzels Pretzels**
 - Strawberry Banana Yogurt
 - Fresh Banana
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

13

- Breakfast
- **Whole Grain Blueberry Muffin**
 - Raspberry Rainbow Yogurt
 - Strawberry Cup
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Whole Grain Blueberry Muffin**
 - Strawberry Cup
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

14

- Breakfast
- **Mini Cinnis**
 - Sliced Fresh Apples
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Mini Strawberry Pancake Puffs**
 - Sliced Fresh Apples
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

15

- Breakfast
- **Egg, Cheese & Turkey Sausage Stuffed Breakfast Sandwich**
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Egg, Cheese & Turkey Sausage Breakfast Scrambler**
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

18

- Breakfast
- **WG Chocolate Chocolate Chip Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Red Delicious Apple
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **WG Chocolate Chocolate Chip Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Red Delicious Apple
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

19

- Breakfast
- **Golden Grahams**
 - Peach Cup
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Golden Grahams**
 - Peach Cup
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

20

- Breakfast
- **Strawberry Cream Cheese Stuffed Bagel**
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Strawberry Cream Cheese Stuffed Bagel**
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

21

- Breakfast
- **Cocoa Chip BeneFIT Bar**
 - Strawberry Banana Bash Yogurt
 - Fresh Banana
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Cheddar Goldfish Crackers**
 - Strawberry Banana Bash Yogurt
 - Fresh Banana
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

22

- Breakfast
- **Maple Turkey Sausage Pancake**
 - Fresh Orange
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Maple Turkey Sausage Pancake**
 - Fresh Orange
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

25

- Breakfast
- **Blueberry Bash Waffles**
 - Fresh Banana
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Blueberry Bash Waffles**
 - Fresh Banana
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

26

- Breakfast
- **WG Banana Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **WG Banana Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

27

- Breakfast
- **WG Banana Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Pear
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **WG Banana Muffin**
 - Low Fat Mozzarella String Cheese
 - Fresh Pear
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

28

- Breakfast
- **Frosted Fudge Pop-Tart**
 - Strawberry Banana Yogurt
 - Mandarin Orange Fruit Cup
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Heartzels Pretzels**
 - Strawberry Banana Yogurt
 - Mandarin Orange Fruit Cup
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

29

- Breakfast
- **Breakfast Turkey Sausage Pizza**
 - Cinnamon Applesauce
 - Assorted Fruit Juice
 - Chocolate Low Fat Milk
 - Strawberry Low Fat Milk
 - 1% Low-fat Milk
- Breakfast
- **Breakfast Turkey Sausage Pizza**
 - Applesauce
 - Assorted Fruit Juice
 - Skim Milk
 - 1% Low-fat Milk

If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.