

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats


ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



Oct. 2018. Greenbay. Breakfast



| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|----------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------|
| 1 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk- 1 cup | 2 Waffles w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup | 3 Whole Grain Fruit & Grain Apple Bar Fruit- 1/2 cup Milk-1 cup | 4 Biscuit w. Jelly Fruit- 1/2 cup Milk- 1 cup | 5 No School |
| 8 No School | 9 Pancakes w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup | 10 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup | 11 English Muffin w. Jelly Fruit- 1/2 cup Milk- 1 cup | 12 Bagel & Cream Cheese Fruit- 1/2 cup Milk- 1 cup |
| 15 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk- 1 cup | 16 Waffles w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup | 17 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup | 18 No School | 19 No School |
| 22 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk- 1 cup | 23 Pancakes w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup | 24 Whole Grain Fruit & Grain Strawberry Bar Fruit- 1/2 cup Milk-1 cup | 25 English Muffin w. Jelly Fruit- 1/2 cup Milk- 1 cup | 26 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup |
| 29 Whole Grain Cereal Bowl Fruit- 1/2 cup Milk- 1 cup | 30 Waffles w. Syrup (2 each) Fruit- 1/2 cup Milk-1 cup | 31 Whole Grain Breakfast Bar Fruit- 1/2 cup Milk-1 cup  | | |

Please Note:

~100% Fruit
Juice IS
considered a
Fruit component

