

Be Kind



Monday	Tuesday	Wednesday	Thursday	Friday
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1

HOUSEMADE GREEN CHILI
BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
YOGURT, STRWBRY BANA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

2

5

CHEESE & SAUSAGE ENGLISH MUFFIN SANDWICH
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

6

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
YOGURT, CHERRY VANILLA
CRACKERS, ASSTD. (WG)
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

7

HOMEMADE WHOLE WHEAT PANCAKES
BREAKFAST SYRUP
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

8

HOUSEMADE GREEN CHILI
BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
YOGURT, STRWBRY BANA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

9

12

EGG & CHEESE ENGLISH MUFFIN SANDWICH
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

13

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
YOGURT, CHERRY VANILLA
CRACKERS, ASSTD. (WG)
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

14

HOUSEMADE YOGURT PARFAIT
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

15

HOUSEMADE GREEN CHILI
BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
YOGURT, STRWBRY BANA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

16

19

CHEESE & SAUSAGE ENGLISH MUFFIN SANDWICH
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

20

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
YOGURT, CHERRY VANILLA
CRACKERS, ASSTD. (WG)
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

21

HOMEMADE WHOLE WHEAT PANCAKES
BREAKFAST SYRUP
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

22

HOUSEMADE GREEN CHILI BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
YOGURT, STRWBRY BANA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

23

26

EGG & CHEESE ENGLISH MUFFIN SANDWICH
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

27

FRENCH TOAST CASSEROLE
BREAKFAST SYRUP
CEREAL, VARIETY (WG)
YOGURT, CHERRY VANILLA
CRACKERS, ASSTD. (WG)
WHEAT BAGEL
CREAM CHEESE
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

28

HOUSEMADE YOGURT PARFAIT
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
STRING CHEESE, MOZZ
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

29

HOUSEMADE GREEN CHILI BREAKFAST BURRITO
WHEAT BAGEL
CREAM CHEESE
CEREAL, VARIETY (WG)
CRACKERS, ASSTD. (WG)
YOGURT, STRWBRY BANA
FRUIT, FRESH, ASSTD
MILK, 1% LOWFAT
MILK, SKIM

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.