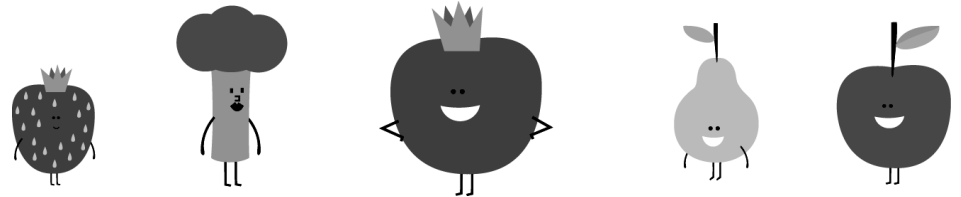


SECONDARY BREAKFAST



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUST CHOOSE ONE	WG Breakfast Sandwich 201-365 cal	WG Breakfast Sandwich 201-365 cal	WG Breakfast Sandwich 201-365 cal	WG Breakfast Sandwich 201-365 cal	WG Breakfast Sandwich 201-365 cal
	DAILY ALTERNATES: ^WG Rice Krispies or ^WG Cheerios w/ & 4 oz. Yogurt or WG Toast 180-280 cal ^WG Cinnamon Chex Cup 230 cal ^WG Toasts w/ Margarine & Jelly 240-338 cal ^WG French Toast Sticks 166-406 cal ^Small Fruit & Yogurt Parfait w/ WG Granola 239-260 cal ^WG Pancakes 210-450 cal ^WG Mini Bagel 240 cal ^WG Oatmeal Bar w/ 4 oz. Trix Yogurt 240 cal ^WG Egg Wrap 160 cal ^WG Bagel w/ Cream Cheese or Jelly 170-240 cal ^WG Cinnamon Roll 232 cal				
MAY CHOOSE UP TO TWO MUST CHOOSE ONE	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal
MAY CHOOSE ONE	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal

^ Meatless + Poultry *Pork WG Whole Grain

° Milk choices include Fat Free White, Fat Free Flavored, or 1% White

