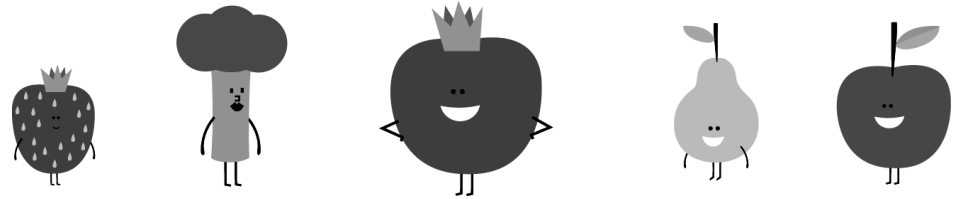


ELEMENTARY BREAKFAST



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|---|
| MUST CHOOSE ONE | ~Beef Sausage WG Bagel 235 cal | ^WG Pancakes 210-220 cal | ^Yogurt & WG Oatmeal Bar 220 cal | Turkey Ham+ Cheese on WG Hawaiian Bun 186 cal | ^WG Cinnamon Roll 232 cal |
| | DAILY ALTERNATES: ^WG Rice Krispies or ^WG Cheerios w/ 4 oz. Trix Yogurt 180 cal ^Small Fruit & Yogurt Parfait w/ WG Granola 239-260 cal ^WG French Toast Sticks 166-406 cal ^WG Mini Cinni Bagel 240 cal ^WG Egg Wrap w/ Salsa 160 cal ^WG Cinnamon Chex Cup 230 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

5276.20 · 8.19 · DFNS
This institution is an equal opportunity provider.



DIVISION FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS