



# SECONDARY BREAKFAST



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MUST CHOOSE ONE</b>	<b>WG Breakfast Sandwich</b> 201-365 cal	<b>WG Breakfast Sandwich</b> 201-365 cal	<b>WG Breakfast Sandwich</b> 201-365 cal	<b>WG Breakfast Sandwich</b> 201-365 cal	<b>WG Breakfast Sandwich</b> 201-365 cal
	<b>DAILY ALTERNATES:</b> ^WG Cereal Bowl & WG Toast 190-280 cal   ^WG Cereal Bowl & 4 oz. Trix Yogurt 180 cal ^WG Toast 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				
<b>MAY CHOOSE UP TO TWO</b> <b>MUST CHOOSE ONE</b>	<b>Dried Fruit</b> <b>Fresh Fruit</b> <b>Canned Fruit</b> <b>4 oz. Apple Juice</b> 55-129 cal	<b>Dried Fruit</b> <b>Fresh Fruit</b> <b>Canned Fruit</b> <b>4 oz. Orange Juice</b> 55-129 cal	<b>Dried Fruit</b> <b>Fresh Fruit</b> <b>Canned Fruit</b> <b>4 oz. Apple Juice</b> 55-129 cal	<b>Dried Fruit</b> <b>Fresh Fruit</b> <b>Canned Fruit</b> <b>4 oz. Orange Juice</b> 55-129 cal	<b>Dried Fruit</b> <b>Fresh Fruit</b> <b>Canned Fruit</b> <b>4 oz. Apple Juice</b> 55-129 cal
<b>MAY CHOOSE ONE</b>	<b>°1% or Fat Free Milk</b> 80-120 cal	<b>°1% or Fat Free Milk</b> 80-120 cal	<b>°1% or Fat Free Milk</b> 80-120 cal	<b>°1% or Fat Free Milk</b> 80-120 cal	<b>°1% or Fat Free Milk</b> 80-120 cal

^ Meatless + Poultry \*Pork WG Whole Grain

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

