

Windsor Bergen

Breakfast

July 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>	<p><i>Our Featured Wellness Item of the month is highlighted in orange.</i></p>		
			<p>1 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>2 Corn Muffin 2oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
5	6 Eggo Mini Maple Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	7 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	8 Wrapped Whole Wheat Bagel 2.4oz Butter Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	9 Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
12 Corn Flakes 1ea Graham Crackers .5oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	13 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	14 Cheerios 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	16 Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
19 Reduced Sugar Frosted Flakes 1ea Graham Crackers .5oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	20 Eggo Mini Blueberry Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	21 Kix Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	22 Wrapped Whole Wheat Bagel 2.4oz Butter Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	23 Apple Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
26 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	27 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	28 Chex Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	29 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	30 Cranberry Muffin 2oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz