



# Windsor Bergen

September 2021

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
		<p>1 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>2 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>3 Corn Muffin 2oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
6	7 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	8 Cheerios 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	9 Wrapped Whole Wheat Bagel 2.4oz Buffer Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	10 Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
13 Corn Flakes 1ea Graham Crackers .5oz Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	14 Eggo Mini Maple Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	15 Kix Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	16 NO SCHOOL	17 Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
20 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	21 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	22 Chex Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	23 Wrapped Whole Wheat Bagel 2.4oz Buffer Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	24 Apple Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz
27 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	28 Eggo Mini Blueberry Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	29 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz	30 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	