



# Windsor Bergen

November 2023

## Breakfast

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|   | <p><i>All of our food is made fresh Daily.</i></p>  |   |    |   |
|  |   | <p>1<br/>Multi Grain Cheerios 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>              | <p>2<br/>Wrapped Whole Wheat Bagel 2oz<br/>Buffer Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>  | <p>3<br/>W.G Corn Muffin 1ea<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>    |
| <p>6<br/>Whole Grain Rice Krispies 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>   | <p>7<br/>Oatmeal Raisin Breakfast Bar 1ea-2.5oz<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>  | <p>8<br/>Whole Grain Cinnamon Toast Crunch 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p>9</p>  | <p>10</p>   |
| <p>13<br/>Whole Grain Apple Jacks 1ea<br/>Graham Crackers 3pk<br/>Apple Sauce Cup 1/2C<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>         | <p>14<br/>Eggo Mini Maple Pancakes 1ea<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>           | <p>15<br/>Whole Grain Fruit Loops 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>          | <p>16<br/>Wrapped Whole Wheat Bagel 2oz<br/>Buffer Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p>17<br/>W.G Banana Muffin 1ea<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> |
| <p>20<br/>Whole Grain Frosted Flakes 1ea<br/>Graham Crackers 3pk<br/>Fresh Macintosh Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p>21<br/>Oatmeal Raisin Breakfast Bar 1ea-2.5oz<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> | <p>22<br/>Whole Grain Apple Jacks 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>          | <p>23</p>   | <p>24</p>   |
| <p>27<br/>Whole Grain Rice Krispies 1ea<br/>Graham Crackers 3pk<br/>Apple Sauce Cup 1/2C<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>       | <p>28<br/>Eggo Mini Blueberry Pancakes 1ea<br/>100% Apple Juice 4oz<br/>100% Orange Juice 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>       | <p>29<br/>Multi Grain Cheerios 1ea<br/>Graham Crackers 3pk<br/>Granny Smith Green Apple 1ea<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p>             | <p>30<br/>Wrapped Whole Wheat Bagel 2oz<br/>Buffer Pack .5 oz<br/>100% Grape Juice 4oz<br/>100% Fruit Punch 4oz<br/>1% Milk 8oz<br/>Fat Free Chocolate or Skim Milk 8oz</p> |   |