



Windsor Bergen

October 2024

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
	<p>1 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>2 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>3</p>	<p>4 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>7 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>8 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>9 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>10 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>11 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>14 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>15 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>16 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>17 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>18 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>21 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>22 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>23 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>24 Yogurt Cup 1ea Graham Crackers 3pk 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>25 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>28 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>29 Strawberry Poptarts 1pkg 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>30 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>31 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	