



# Windsor Bergen

November 2024

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
				<p>1 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>4 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>5 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>6 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>7</p>	<p>8</p>
<p>11 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz</p>	<p>12 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>13 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>14 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>15 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>18 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>19 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>20 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>21 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>22 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>
<p>25 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>26 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>27 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz</p>	<p>28</p>	<p>29</p>