




Windsor Bergen

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>Happy Day May Day!</i>		
				1 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
4 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	5 W.G Strawberry Poptart 1ea Graham Crackers 3pk Fresh Apple Slices 1 Bag 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	6 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	7 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz Plain Applesauce Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	8 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
11 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	12 Oatmeal Raisin Breakfast Bar 1ea-2.5oz Fresh Banana 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	14 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 4oz Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
18 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	19 W.G Strawberry Poptart 1ea Fresh Apple Slices 1 Bag 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	21 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	22 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
	26 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	27 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	28 Yogurt Cup 1ea Graham Crackers 3pk Plain Applesauce Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	29 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz