

Windsor Bergen

Breakfast

October 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Strawberry Bagelers 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	2 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
5 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	6 W.G Strawberry Poptart 1ea 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	7 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	8 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	9 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
12 Lucky Charms 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Orange Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	14 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 Cinnamon Bagelers 1ea 100% Fruit Punch 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	16 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
19 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20 W.G Strawberry Poptart 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz 100% Apple Juice 8oz	21 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	22 Yogurt Cup 1ea Graham Crackers 3pk 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	23 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
26 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	27 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	28 Cinnamon Chex Cereal 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	29 Strawberry Bagelers 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	30 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz