

unbottled.

K-8 Winter Seasonal Cycle Breakfast Menu

Week 1	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Option 1 Grain	Pretzel Breakfast Roll K-8 with 4 oz Yogurt	Cinnamon Glazed French Toast Sticks	Cheesy Roasted Veg Hash & Toast 1 tsp butter	Blueberry Muffin 1 oz and 4 oz Yogurt	Fruity Cheerios Cereal Bar and 4 oz Yogurt
Option 2 Grain	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt
½ cup each Fruit	Fresh Apple Slices/C: Apricots, diced	Fresh or Dried Cheerios/F: Mixed Berries, Cups	Fresh Strawberries, sliced/C: Pears, diced	Fresh Honeydew Melon, diced/I: Raisins	Fresh Berries/C: Peaches, diced
Milk	*variety	*variety	*variety	*variety	*variety
Week 2	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Option 1 Grain	Cheesy Ham Potato Bowl	Maple Madness Waffles	Strawberry-Pear Banana Split	Breakfast Scramble in Tortilla	Cherry Blossom Yogurt Bread
Option 2 Grain	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt
½ cup each Fruit	Fresh Pear/I: Cranberries, dried	Fresh Watermelon, diced/F: Blueberries	Fresh Peaches/I: Applesauce Cups	Fresh Grapes/Orange, fresh	Fresh Cantaloupes, diced/F/I: Strawberries
Milk	*variety	*variety	*variety	*variety	*variety

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9-12 Winter Seasonal Cycle Breakfast Menu

Week 1	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Option 1 Grain	Pretzel Breakfast Roll 9-12 with 4 oz Yogurt	Cinnamon Glazed French Toast Sticks and 4 oz Yogurt	Cheesy Roasted Veg Hash & Toast 1 tsp butter	Blueberry Muffin 1 oz and 4 oz Yogurt	Fruity Cheerios Cereal Bar and 4 oz Yogurt
Option 2 Grain	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt
½ cup each Fruit	Fresh Apple Slices/C: Apricots, diced	Fresh or Dried Cherrios/F: Mixed Berries, Cups	Fresh Strawberries, sliced/C: Pears, diced	Fresh Honeydew Melon, diced/I: Raisins	Fresh Berries/C: Peaches, diced
Milk	*variety	*variety	*variety	*variety	*variety
Week 2	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Option 1 Grain	Cheesy Ham Potato Bowl	Maple Madness Waffles and 4 oz Yogurt	Strawberry-Pear Banana Split	Breakfast Scramble in Tortilla	Cherry Blossom Yogurt Bread
Option 2 Grain	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt	1 oz Cold Cereal and 4 oz Yogurt
½ cup each Fruit	Fresh Pear/I: Cranberries, dried	Fresh Watermelon, diced/F: Blueberries	Fresh Peaches/I: Applesauce Cups	Fresh Grapes/Orange, fresh	Fresh Cantaloupes, diced/F/I: Strawberries
Milk	*variety	*variety	*variety	*variety	*variety