


51% whole grains
100% juice

Positive Education Program
Prentiss
K-12 Breakfast Menu
September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				BREAKFAST PIZZA 1/2 C FRUIT 1/2 C JUICE MILK
4	5	6	7	8
LABOR DAY 	WGR BENEFIT BAR 1/2 C FRUIT 1/2 C JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 C APPLESAUCE 1/2 C JUICE MILK	OATMEAL BREAKFAST ROUND 1/2 C FRUIT 1/2 C JUICE MILK	IN-SERVICE NO STUDENTS
11	12	13	14	15
WGR GRAHAMS WGR MUFFIN 1/2 C FRUIT 1/2 C JUICE MILK	WGR BENEFIT BAR 1/2 C FRUIT 1/2 C JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 C FRUIT 1/2 C JUICE MILK	WGR MUFFIN STRING CHEESE 1/2 C FRUIT 1/2 C JUICE MILK	BREAKFAST PIZZA 1/2 C FRUIT 1/2 C JUICE MILK
18	19	20	21	22
WGR GRAHAMS YOGURT 1/2 C FRUIT 1/2 C JUICE MILK	OATMEAL BREAKFAST ROUND 1/2 C FRUIT 1/2 C JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 C APPLESAUCE 1/2 C JUICE MILK	WGR BENEFIT BAR 1/2 C FRUIT 1/2 C JUICE MILK	BREAKFAST PIZZA 1/2 C FRUIT 1/2 C JUICE MILK
25	26	27	28	29
WGR GRAHAMS WGR MUFFIN 1/2 C FRUIT 1/2 C JUICE MILK	WGR BENEFIT BAR 1/2 C FRUIT 1/2 C JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 C APPLESAUCE 1/2 C JUICE MILK	WGR MUFFIN STRING CHEESE 1/2 C FRUIT 1/2 C JUICE MILK	BREAKFAST PIZZA 1/2 C FRUIT 1/2 C JUICE MILK

SERVING SIZES:

2 oz. of whole Grain, 1c Fruit or 1/2 C Fruit Juice 1/2 C Fruit, 8oz. skim or 1% Milk
calories not to exceed 550, saturated fat not to exceed 10% of total calories per week