

51% whole grains
100% juice

POSITIVE EDUCATION PROGRAM
K-12 BREAKFAST MENU
OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
WGR GRAHAMS YOGURT 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR BENEFIT BAR 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR CEREAL WGR GRAHAMS 1/2 C OF JUICE & 1/2 C FRUIT MILK	OATMEAL BREAKFAST ROUND 1/2 C OF JUICE & 1/2 C FRUIT MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C OF JUICE & 1/2 C FRUIT MILK
9	10	11	12	13
WGR GRAHAMS WGR MUFFIN 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR BENEFIT BAR 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR CEREAL WGR GRAHAMS 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR MUFFIN STRING CHEESE 1/2 C OF JUICE & 1/2 C FRUIT MILK	IN-SERVICE NO STUDENTS
16	17	18	19	20
WGR GRAHAMS YOGURT 1/2 C OF JUICE & 1/2 C FRUIT MILK	OATMEAL BREAKFAST ROUND 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR CEREAL WGR GRAHAMS 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR BENEFIT BAR 1/2 C OF JUICE & 1/2 C FRUIT MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C OF JUICE & 1/2 C FRUIT MILK
23	24	25	26	27
WGR GRAHAMS WGR MUFFIN 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR BENEFIT BAR 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR CEREAL WGR GRAHAMS 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR MUFFIN STRING CHEESE 1/2 C OF JUICE & 1/2 C FRUIT MILK	BREAKFAST PIZZA 1/2 C OF JUICE & 1/2 C FRUIT MILK
30	31			
WGR GRAHAMS YOGURT 1/2 C OF JUICE & 1/2 C FRUIT MILK	WGR BENEFIT BAR 1/2 C OF JUICE & 1/2 C FRUIT MILK			MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

SERVING SIZES:

2 oz. of whole Grain or Meat/Meat alternative, 1c Fruit or 1/2 c Fruit Juice 1/2 C Fruit, 8oz. skim or 1% Milk
calories not to exceed 500, saturated fat not to exceed 10% of total calories per week