






51% WHOLE GRAINS
100% JUICE

POSITIVE EDUCATION PROGRAM
PRENTISS NOVEMBER 2023
K-12 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.		WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	OATMEAL ROUND 1/2 CUP FRUIT & JUICE MILK	IN-SERVICE NO STUDENTS
6	7	8	9	10
WGR GRAHAMS WGR MUFFIN 1/2 CUP FRUIT & JUICE MILK	WGR BENEFIT BAR 1/2 CUP FRUIT & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR MUFFIN STRING CHEESE 1/2 CUP FRUIT & JUICE MILK	BLUEBERRY WAFFLE 1/2 CUP FRUIT & JUICE MILK
13	14	15	16	17
WGR GRAHAMS YOGURT 1/2 CUP FRUIT & JUICE MILK	OATMEAL BREAKFAST ROUND 1/2 CUP FRUIT & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR BENEFIT BAR 1/2 CUP FRUIT & JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 CUP FRUIT & JUICE MILK
20	21	22	23	24
				
27	28	29	30	
WGR GRAHAMS YOGURT 1/2 CUP FRUIT & JUICE MILK	WGR BENEFIT BAR 1/2 CUP FRUIT & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	OATMEAL BREAKFAST ROUND 1/2 CUP FRUIT & JUICE MILK	

SERVING SIZES:

2 oz. of whole Grain, 1c Fruit or 1/2c Fruit Juice and 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