


51% WHOLE GRAINS  
100% JUICE

**POSITIVE EDUCATION PROGRAM  
K-12 BREAKFAST MENU  
DECEMBER 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				TURKEY SAUSAGE PANCAKE WRAP 1/2 CUP FRUIT & JUICE MILK
				8
WGR GRAHAMS WG 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
11				
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
15				



Sleeping  
 Snowboarding Sleepy Skating  
 StayingUpAllNight OceanPlunge Softball Laid-Back Home  
 Snowblowing Hiking Sledding  
 HotChocolate Sleep  
 Exciting MoreFood Cold Fun  
 Snow WinterBreak Family  
 Relaxing Movies Facetime Cabin  
 Basketball Rain  
 Food Fortnite Oversleeping DeliciousFood  
 TikTok BoardGames Phone  
 Friends Gifts  
 Skiing Presents VideoGames



**SERVING SIZES:**  
2 oz. of whole Grain, 1c Fruit or 1c Fruit Juice, 8oz. skim or 1% Milk  
calories not to exceed 500, saturated fat not to exceed 10% of total weekly calories