

51% whole grains
100% juice

POSITIVE EDUCATION PROGRAM
K-12 Breakfast Menu
March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
MENU SUBJECT TO CHANGE. PEP IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.				TURKEY SAUSAGE PANCAKE WRAP 1/2 CUP APPLESAUCE & JUICE MILK
4	5	6	7	8
WGR CHOCOLATE MUFFIN WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	OATMEAL BREAKFAST ROUND 1/2 CUP APPLESAUCE & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR BLUEBERRY MUFFIN STRING CHEESE 1/2 CUP FRUIT & JUICE MILK	BLUEBERRY BASH WAFFLE 1/2 CUP APPLESAUCE & JUICE MILK
11	12	13	14	15
YOGURT WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR BLUEBERRY BENEFIT BAR 1/2 CUP APPLESAUCE & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR POWDERED DONUT 1/2 CUP FRUIT & JUICE MILK	IN-SERVICE NO STUDENTS
18	19	20	21	22
WGR CHOCOLATE MUFFIN WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR POWDERED DONUT 1/2 CUP APPLESAUCE & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR BLUEBERRY MUFFIN STRING CHEESE 1/2 CUP FRUIT & JUICE MILK	BREAKFAST PIZZA 1/2 CUP FRUIT & JUICE MILK
25	26	27	28	29
YOGURT WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	APPLE CINNAMON BENEFIT BAR 1/2 CUP APPLESAUCE & JUICE MILK	WGR CEREAL WGR GRAHAMS 1/2 CUP FRUIT & JUICE MILK	WGR CHOCOLATE MUFFIN 1/2 CUP FRUIT & JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 CUP APPLESAUCE & JUICE MILK

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 CALORIES PER WEEK