



POSITIVE EDUCATION PROGRAM
PEP PRENTISS
K-12 BREAKFAST
JULY MENU FY25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="margin: 0;">NO SCHOOL SUMMER BREAK</h1> 				
15	16	17	18	19
WGR GRAHAMS WGR. CHOCOLATE MUFFIN 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR. POWDERED DONUT 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR CEREAL WGR. GRAHAMS 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR. BLUEBERRY MUFFIN STRING CHEESE 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	NO SCHOOL
22	23	24	25	26
WGR. GRAHAMS YOGURT 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	APPLE CINNAMON BENEFIT BAR 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR CEREAL WGR. GRAHAMS 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR. CHOCOLATE MUFFIN 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	NO SCHOOL
29	30	31	1	2
WGR. GRAHAMS WGR. CHOCOLATE MUFFIN 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	OATMEAL BREAKFAST ROUND 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR CEREAL WGR. GRAHAMS 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	WGR. CHOCOLAT MUFFIN STRING CHEESE 1/2 C JUICE 1/2 C FRUIT 8 OZ. MILK	NO SCHOOL

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