

51% whole grains
100% juice

POSITIVE EDUCATION PROGRAM
PRENTISS
K-12 Breakfast Menu
October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHOCOLATE MUFFIN FRESH ORANGE 1/2 C GRAPE JUICE MILK	DONUT 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	BANANA CHOCOLATE BAR FRESH APPLE 1/2 C APPLE JUICE MILK	BLUEBERRY BASH WAFFLE 1/2 C PEACHES 1/2 C GRAPE JUICE MILK
7	8	9	10	11
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN FRESH ORANGE 1/2 C GRAPE JUICE MILK	CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	APPLE CINNAMON BAR FRESH APPLE 1/2 C APPLE JUICE MILK	IN-SERVICE NO STUDENTS
14	15	16	17	18
NO SCHOOL				
21	22	23	24	25
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN FRESH ORANGE 1/2 C GRAPE JUICE MILK	CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	APPLE CINNAMON BAR FRESH APPLE 1/2 C APPLE JUICE MILK	IN-SERVICE NO STUDENTS
28	29	30	31	
BIRTHDAY CAKE BAR 1/2 C PEARS 1/2 C APPLE JUICE MILK	CHOCOLATE MUFFIN FRESH ORANGE 1/2 C GRAPE JUICE MILK	DONUT 1/2 C PINEAPPLES 1/2 C ORANGE JUICE MILK	BANANA CHOCOLATE BAR FRESH APPLE 1/2 C APPLE JUICE MILK	

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