



51% WHOLE GRAINS
 100% JUICE
 MENU IS SUBJECT TO CHANGE

POSITIVE EDUCATION PROGRAM
 PRENTISS NOVEMBER 2024
 K-12 BREAKFAST MENU

THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				BLUEBERRY BASH WAFFLE 1/2 C PEACHES 1/2 C GRAPE JUICE MILK
4	5	6	7	8
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C ORANGE JUICE MILK	CINNAMON TOAST CRUNCH CEREAL GRAHAM CRACKERS 1/2 C PINEAPPLES 1/2 C GRAPE JUICE MILK	APPLE CINNAMON BAR FRESH APPLE 1/2 C APPLE JUICE MILK	TURKEY SAUSAGE PANCAKE WRAP 1/2 C PEACHES 1/2 C GRAPE JUICE MILK & SYRUP
11	12	13	14	15
BIRTHDAY CAKE BAR 1/2 C PEARS 1/2 C APPLE JUICE MILK	CHOCOLATE MUFFIN 1/2 C MANDARIN ORANGE 1/2 C ORANGE JUICE MILK	DONUT 1/2 C PINEAPPLES 1/2 C GRAPE 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 & SYRUP
18	19	20	21	22
BANANA MUFFIN 1/2 C PEARS 1/2 C APPLE JUICE MILK	CINNAMON BUN 1/2 C MANDARIN ORANGES 1/2 C ORANGE JUICE MILK	GOLDERN GRAHAMS 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
25	26	27	28	29
				

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