



POSITIVE EDUCATION PROGRAM
PEP PRENTISS JULY
K-12 BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>NO SCHOOL SUMMER BREAK</div> <div></div> <div></div>				
14	15	16	17	18
BANANA MUFFIN 1/2 C TROPICAL FRUIT 1/2 GRAPE JUICE MILK	MINI MAPLE WAFFLE 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	COCOA PUFFS 1/2 C PINEAPPLES 1/2 C GRAPE JUICE MILK	MAPLE TURKEY SAUSAGE PANCAKE 1/2 C PEACHES 1/2 C APPLE JUICE MILK	NO SCHOOL
21	22	23	24	25
DONUT 1/2 C TROPICAL FRUIT 1/2 GRAPE JUICE MILK	CONFETTI PANCAKES 1/2 C APPLESAUCE 1/2 C ORANGE JUICE SYRUP MILK	CINNAMON TOAST CRUNCH 1/2 C PINEAPPLES 1/2 C GRAPE JUICE MILK	CHOCLATE CHIP FRENCH TOAST 1/2 C PEACHES 1/2 C APPLE JUICE SYRUP MILK	NO SCHOOL
28	29	30	31	
BANANA MUFFIN 1/2 C TROPICAL FRUIT 1/2 GRAPE JUICE MILK	MINI MAPLE WAFFLE 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK	COCOA PUFFS 1/2 C PINEAPPLES 1/2 C GRAPE JUICE MILK	MAPLE TURKEY SAUSAGE PANCAKE 1/2 C PEACHES 1/2 C APPLE JUICE MILK	

SERVING SIZES:
2 OZ. WHOLE GRAINS, 1/2 C FRUIT AND JUICE,
8 OZ. SKIM OR 1% MILK, CALORIES NOT TO
EXCEED 500, SATURATED FAT NOT TO EXCEED 10% OF
TOTAL WEEKLY CALORIES