



BREAKFAST Menu Correspond the cycle week to the color-coordinated calendar below. **August-December 2021**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Assorted Bagels with Cream Cheese and Jelly <i>or</i>) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich <i>or</i>) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Dutch Waffle <i>or</i>) Bowl of Cereal Applesauce Cup 100% Fruit Juice ½ Pt. Milk	Breakfast Pizza (Bacon, Egg & Cheese) <i>or</i>) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk	Breakfast Muffin <i>or</i>) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk
2	Cinnamon Roll <i>or</i>) Bowl of Cereal Mandarin Oranges 100% Fruit Juice ½ Pt. Milk	Breakfast Bun <i>or</i>) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup <i>or</i>) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry) <i>or</i>) Bowl of Cereal Mixed Fruit 100% Fruit Juice ½ Pt. Milk	Assorted Bagels with Cream Cheese and Jelly <i>or</i>) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk
3	Breakfast Muffin <i>or</i>) Bowl of Cereal Peach Cup 100% Fruit Juice ½ Pt. Milk	Breakfast Pizza (Bacon, Egg & Cheese) <i>or</i>) Bowl of Cereal Raisins 100% Fruit Juice ½ Pt. Milk	Dutch Waffle <i>or</i>) Bowl of Cereal Applesauce 100% Fruit Juice ½ Pt. Milk	Maple Pancake & Sausage Sandwich <i>or</i>) Bowl of Cereal Pineapple 100% Fruit Juice ½ Pt. Milk	Poptarts (Cinnamon or Strawberry) <i>or</i>) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk
4	Poptarts (Cinnamon or Strawberry) <i>or</i>) Bowl of Cereal Pears 100% Fruit Juice ½ Pt. Milk	French Toast Sticks with Syrup <i>or</i>) Bowl of Cereal Strawberry Cup 100% Fruit Juice ½ Pt. Milk	Cinnamon Roll <i>or</i>) Bowl of Cereal Peaches 100% Fruit Juice ½ Pt. Milk	Pancakes with Syrup <i>or</i>) Bowl of Cereal Apple Slices 100% Fruit Juice ½ Pt. Milk	Breakfast Bun <i>or</i>) Bowl of Cereal Fruit Cup 100% Fruit Juice ½ Pt. Milk

Please note that regulations require that at least one fruit side be chosen with each breakfast. Substitutions of items may be necessary.

This institution is an equal opportunity provider.

August 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

November 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan