

Breakfast Cycle I

Monday 9-5 Holiday 9-26 10-17 11-7 11-28	Tuesday 9-6 9-27 10-18 11-8 11-29	Wednesday 8-17 9-7 9-28 10-19 11-9 11-30	Thursday 8-18 9-8 9-29 10-20 11-10	Friday 8-19 9-9 9-30 10-21 11-11
Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Pancake Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Grits Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Waffle Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Whole Grain Oatmeal Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Station
Monday 8-22 9-12 10-3 10-24 11-14	Tuesday 8-23 9-13 10-4 10-25 11-15	Wednesday 8-24 9-14 10-5 10-26 11-16	Thursday 8-25 9-15 10-6 10-27 11-17	Friday 8-26 9-16 10-7 10-28 11-18
Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt parfait Whole Grain Oatmeal Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Waffle Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Pancake Station	Assorted Fresh Fruit Choice of Milk Asst. 100% Fruit Juice Asst. High Fiber Low Sugar Cereal Yogurt Parfait Grits Station
Monday 8-29 9-19 10-10 10-31 11-21	Tuesday 8-30 9-20 10-11 11-1 11-22	Wednesday 8-31 9-21 10-12 11-2 11-23 Holiday	Thursday 9-1 9-22 10-13 Holiday 11-3 11-24 Holiday	Friday 9-2 9-23 10-14 Holiday 11-4 11-25 Holiday
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Grits Station Includes: Scrambled Egg Low Fat Shredded Cheese Chopped Ham Gravy	Yogurt Station Includes: Granola Sliced Bananas Blue Berries Pineapple Raisins	Waffle Station Includes: Cinnamon Apple Sauce Sliced Bananas Strawberries Sliced Peaches Syrup	Oatmeal Station Includes: Raisins Sliced Bananas Sliced Apples Pineapple Tidbits Brown Sugar	Pancake Station Includes: Cinnamon Apple Sauce Sliced Bananas Strawberries Sliced Peaches Syrup