

AUGUST | 2023

NSLP Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Cinnamon Chex ½ Cup WG Cereal ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>1 2 oz. WG Bagel w/ Cream Cheese ½ Cup Baked Apples 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>2 1 oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Melon 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>3 HM Veggie Frittata 2 oz M/MA 2oz WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>4 2oz. HM WG Cinnamon Poptart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>7 Cheerios ½ Cup WG Cereal 4 oz. Juice / Alt. Fruit ½ Cup Orange 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>8 2 oz. WG Waffles ½ Cup Baked Apples 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>9 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Melon 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>10 2 oz. HM Cheesy Eggs 2oz WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>11 2 oz. HM WG Blueberry Poptart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>14 Cinnamon Chex ½ Cup WG Cereal ½ Cup Orange 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>15 2 oz. WG Bagel w/ Cream Cheese ½ Cup Baked Apples 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>16 1oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Melon 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>17 HM Veggie Frittata 2 oz M/MA 2oz WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>18 2oz. HM WG Cinnamon Poptart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>21 Cheerios ½ Cup WG Cereal 4 oz. Juice / Alt. Fruit ½ Cup Orange 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>22 2 oz. WG Waffles ½ Cup Baked Apples 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>23 1.5 oz. WG Breakfast Pizza 1 oz. M/MA ½ Cup Melon 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>24 2 oz. HM Cheesy Eggs 2oz WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>25 2oz HM WG Blueberry Poptart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>
<p>28 Cinnamon Chex ½ Cup WG Cereal 4 oz. Juice / Alt. Fruit ½ Cup Oranges 8 oz. Milk *Daily selection of fresh fruit, yogurt, and granola</p>	<p>29 2oz. WG Bagel w/ Cream Cheese ½ Cup Baked Apples 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>30 1oz. WG Breakfast Taco 1 oz. M/MA ½ Cup Melon 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>31 HM Veggie Frittata 2 oz M/MA 2oz WG English Muffin ½ Cup Pineapple 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>	<p>2 oz. HM WG Cinnamon Poptart ½ Cup Strawberries 4 oz. Juice / Alt. Fruit 8 oz. Milk *Daily selection of fresh fruit, yogurt and granola</p>

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1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.