Breakfast Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin	Pancake on a stick/	Cereal Bowl	Waffles/French Toast	Pop Tart
Raisins Fruitable Box Milk	Flatbread/Pizza	Hard Boiled Egg	Pancakes/Minni	Cheese Stick
	Mandarin Oranges	Whole Apple	Cinnis	Banana
	Grape Juice	Fresh Grapes	Peach Cup	Orange Juice
	Milk	Milk	Apple Juice	Milk
Can decline one fruit.	Can decline ½ c fruit or juice	Can decline milk. Or egg. Or cereal	Milk Can decline one fruit.	Can decline pop tart or cheese stick. Or milk. Or one fruit.
Yogurt	Waffles/French Toast	Cereal Bar	Breakfast Sandwich/	Frudel or Mini
Graham Crackers	Pancakes/Minni	Whole Orange	Bagel/Burrito	Donuts
Apple Slices	Cinnis	Side Kick	Pineapple Cup	Applesauce Cup
Dragon Juice Milk Can decline yogurt. Or graham crackers. Or milk. Or One fruit.	Blueberry Cup	Milk	Fruit Punch Juice	Orange Juice
	Apple Juice		Milk	Milk
	Milk Can decline ½ c fruit or juice	Can decline one fruit	Can decline ½ c fruit or juice	Can decline ½ c fruit or juice
Benefit Bar/Breakfast	Breakfast Sandwich/	Bagel & Cream Cheese	Pancake on a stick/	Cereal Bowl
Bar/PB&J Cheese stick Mixed Fruit Cup Apple Juice Milk	Bagel/Burrito	Raisins	Flatbread/Pizza	Go Gurt
	Banana	Dragon Juice	Orange Juice	Whole Apple
	Capri Sun Juice	Milk	Mixed Fruit Cup	Fresh Grapes
	Milk		Milk	Milk
	Can decline ½ c fruit or juice	Can decline ½ c fruit or juice	Can decline ½ c fruit or juice	Can decline milk. Or go gurt.
Can decline bar. Or cheese stick. Or milk. Or one fruit				Or cereal.
	Muffin Raisins Fruitable Box Milk Can decline one fruit. Yogurt Graham Crackers Apple Slices Dragon Juice Milk Can decline yogurt. Or graham crackers. Or milk. Or One fruit. Benefit Bar/Breakfast Bar/PB&J Cheese stick Mixed Fruit Cup Apple Juice Milk Can decline bar. Or cheese	Muffin Raisins Fruitable Box Milk Can decline one fruit. Yogurt Graham Crackers Apple Slices Dragon Juice Milk Can decline yogurt. Or graham crackers. Or milk. Or One fruit. Benefit Bar/Breakfast Bar/PB&J Cheese stick Mixed Fruit Cup Apple Juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice	Muffin Raisins Fruitable Box Milk Can decline one fruit. Yogurt Graham Crackers Apple Slices Dragon Juice Milk Can decline yogurt. Or graham crackers. Or milk. Or one fruit. Benefit Bar/Breakfast Bar/PB&J Cheese stick Milk Can decline bar. Or cheese Milk Can decline ½ c fruit or juice Pancake on a stick/ Flatbread/Pizza Mandarin Oranges Mandarin Oranges Whole Apple Fresh Grapes Milk Can decline ½ c fruit or juice Cereal Bar Whole Orange Side Kick Milk Can decline yogurt. Or graham crackers. Or milk. Or One fruit. Benefit Bar/Breakfast Bar/PB&J Cheese stick Mixed Fruit Cup Apple Juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Milk Can decline ½ c fruit or juice Can decline ½ c fruit or juice Can decline ½ c fruit or juice Can decline ½ c fruit or juice	Muffin Raisins Fruitable Box Milk Can decline one fruit. Yogurt Graham Crackers Apple Slices Dragon Juice Milk Can decline yogurt. Or graham crackers. Or milk. Or one fruit. Benefit Bar/Breakfast Bar/PB&J Cheese stick Bar/PB&J Cheese stick Milk Can decline ½ c fruit or juice Muffin Raisins Flatbread/Pizza Mandarin Oranges Mohole Apple Fresh Grapes Milk Can decline milk. Or egg. Or creeal Milk Can decline one fruit. Cereal Bar Whole Orange Side Kick Platbread/Pizza Milk Can decline one fruit Can decline one fruit Can decline one fr