

# Breakfast Cycle Menu

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