

unbottled.

K-8 SPRING SEASONAL CYCLE BREAKFAST MENU

Week 1	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Option 1 Grain	Cheesy Zucchini Sausage Bread	Strawberry Splash Pancakes & 4 oz yogurt	Lemon Blueberry CC Bagel	Oatmeal Choc Chip BeneFIT 1 oz	Uncrustable
Option 2 Grain	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt
½ cup each Fruit	D: Fruit Mix/C: Pears, diced	Fresh Bananas/C: Peaches, sliced	Fresh Apple Slices/C: Apricots, diced	F: Strawberries, sliced/I: Raisins	C: Mixed Fruit/F: Blueberries
Milk	*variety	*variety	*variety	*variety	*variety
Week 2	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Option 1 Grain	Strawberries & Cream Overnight Oats	Cinnamon Creamy Cheese Bagels & 4 oz yogurt	Variety of Flatbreads	WG Biscuit & 1 tsp butter	Cheese-A-Peachalicious Quesadilla
Option 2 Grain	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt
½ cup each Fruit	C: Peached, sliced/I: Cranberried, dried	Fresh orange/I: Applesauce Cups	Fresh Grapes/F: Mixed Berries, cups	Fresh Apple Slices/F/I: Strawberries	Dried Cherries/C: Pear Slices
Milk	*variety	*variety	*variety	*variety	*variety

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9-12 SPRING SEASONAL CYCLE BREAKFAST MENU

Week 1	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Option 1 Grain	Cheesy Zucchini Sausage Bread	Strawberry Splash Pancakes & 4 oz yogurt	Lemon Blueberry CC Bagel	Oatmeal Choc Chip BeneFIT 1 oz & 4 oz yogurt	Uncrustable
Option 2 Grain	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt
½ cup each Fruit	D: Fruit Mix/C: Pears, diced	Fresh Bananas/C: Peaches, sliced	Fresh Apple Slices/C: Apricots, diced	F: Strawberries, sliced/I: Raisins	C: Mixed Fruit/F: Blueberries
Milk	*variety	*variety	*variety	*variety	*variety
Week 2	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Option 1 Grain	Strawberries & Cream Overnight Oats	Cinnamon Creamy Cheese Bagels & 4 oz yogurt	Variety of Flatbreads	WG Biscuit & 1 tsp butter & 4 oz yogurt	Cheese-A-Peachalicious Quesadilla
Option 2 Grain	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt	1 oz cold cereal & 4 oz yogurt
½ cup each Fruit	C: Peached, sliced/I: Cranberried, dried	Fresh orange/I: Applesauce Cups	Fresh Grapes/F: Mixed Berries, cups	Fresh Apple Slices/F/I: Strawberries	Dried Cherries/C: Pear Slices
Milk	*variety	*variety	*variety	*variety	*variety