

21 Day Cycle menu

Breakfast – All Schools

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Bagel W/ Cream Cheese Yogurt Banana Choice of Milk (1% White, Fat Free Chocolate)	2 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	3 Mini French Toast Low Fat Sausage 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	4 Blueberry Muffin Yogurt Fresh fruit Choice of Milk (1% White, Fat Free Chocolate)	5 Cinnamon Toast Crunch Cereal Bar Banana Muffin Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)
6 Assorted Cereal Bowl English Muffin / Jelly Fresh Grapes 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	7 Cheese and Sausage Sandwich on English Muffin Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	8 Blueberry Muffin Bagel W/ Cream Cheese Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	9 Mini Pancakes Cheese Stick 100% Fruit Juice Fresh fruit Choice of Milk (1% White, Fat Free Chocolate)	10 Apple Cinnamon Muffin Yogurt Sliced Oranges Choice of Milk (1% White, Fat Free Chocolate)
11 Assorted Bagel W/ Cream Cheese Yogurt Banana Choice of Milk (1% White, Fat Free Chocolate)	12 Mini French Toast Sticks Low Fat Sausage 100% Fruit Juice Diced Fruit Choice of Milk (1% White, Fat Free Chocolate)	13 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	14 Cinnamon Toast Crunch Cereal Bar Banana Muffin Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	15 Banana Bread Yogurt Fresh fruit Choice of Milk (1% White, Fat Free Chocolate)
16 Apple Cinnamon Muffin Yogurt Sliced Oranges Choice of Milk (1% White, Fat Free Chocolate)	17 Assorted Cereal Bowl English Muffin / Jelly Fresh Grapes 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	18 Mini Pancakes Cheese Stick 100% Fruit Juice Fresh fruit Choice of Milk (1% White, Fat Free Chocolate)	19 Blueberry Muffin Bagel W/ Cream Cheese Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	20 Cheese and Sausage Sandwich on English Muffin 100% Fruit Juice Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)
21 Zucchini Bread Cheese Stick 100% Fruit Juice Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)				