DC Catering, Inc.

April 2019

Cold "Simple Serve" Breakfast Monthly Meal Planner

Simple Serve Bfast

REVISED: 3-15-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1	2	3	4	5
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Crunchmania	Milk Assorted Fruit WG Cinnamon Roll	Milk Assorted Fruit WG Nutrigrain Bar WG Grahams	Milk Assorted Fruit WG Granola Yogurt	Milk Assorted Fruit WG Pillsbury Bagel Stick
Week 2	8	9	10	11	12
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Toaster Pastry WG Grahams	Milk Assorted Fruit WG Ultimate Breakfast Round	Milk Assorted Fruit WG Chocolate Chip Oatmeal Bar WG Grahams	Milk Assorted Fruit WG Cereal WG Grahams	Milk Assorted Fruit WG Wild Berry Bread
Week 3	15	16	17	18	19
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Donut	Milk Assorted Fruit WG Cereal Bar WG Grahams	Milk Assorted Fruit WG Muffin Cheese Stick	Milk Assorted Fruit WG Apple Cinnamon Texas Toast	Milk Assorted Fruit WG Granola Bar Yogurt
Week 4	22	23	24	25	26
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Crunchmania	Milk Assorted Fruit WG Cinnamon Roll	Milk Assorted Fruit WG Nutrigrain Bar WG Grahams	Milk Assorted Fruit WG Granola Yogurt	Milk Assorted Fruit WG Pillsbury Bagel Stick
Week 5	29	30			
1 cup Milk, fluid 1 cup fruit, or Veg, 100% juice 2 oz. grain or 1 oz. & 1 oz. meat/alt	Milk Assorted Fruit WG Toaster Pastry WG Grahams	Milk Assorted Fruit WG Ultimate Breakfast Round			Assorted Fruit can be: Dried fruit - raisins or craisins Fruit cup (4 oz) variety Juice box (4 oz) variety Fresh fruit variety

"This institution is an equal opportunity provider."