



## October 2019

| Simple Serve Bfast  | Cold "Simple Serve" Breakfast Monthly Meal Planner            |  |   |   |  |
|---|---|--|---|---|--|
| REVISED:  | Cold "Simple Serve" Breakfast Monthly Meal Planner            |  |   |   |  |
| 7-22-2019   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
| Week 1  |   | 1  | 2   | 3   | 4  |
| 1 cup Milk, fluid<br>1 cup fruit, or<br>Veg, 100% juice<br>2 oz. grain or 1 oz.<br>& 1 oz. meat/alt |   | Milk<br>Assorted Fruit<br><br>WG Toaster Pastry<br>WG Grahams                      | Milk<br>Assorted Fruit<br><br>WG Fruit & Grain Bar                        | Milk<br>Assorted Fruit<br><br>WG Muffin<br>Cheese Stick | Milk<br>Assorted Fruit<br><br>WG Crunchmania   |
| Week 2  | 7   | 8  | 9   | 10  | 11   |
| 1 cup Milk, fluid<br>1 cup fruit, or<br>Veg, 100% juice<br>2 oz. grain or 1 oz.<br>& 1 oz. meat/alt | Milk<br>Assorted Fruit<br><br>WG Cereal Bar<br>WG Grahams     | Milk<br>Assorted Fruit<br><br>WG Granola<br>Yogurt                                 | Milk<br>Assorted Fruit<br><br>WG Nutri-Grain Bar<br>WG Grahams            | Milk<br>Assorted Fruit<br><br>WG Pillsbury Bagel Stick  | No School  |
| Week 3  | 14  | 15   | 16  | 17  | 18   |
| 1 cup Milk, fluid<br>1 cup fruit, or<br>Veg, 100% juice<br>2 oz. grain or 1 oz.<br>& 1 oz. meat/alt | Milk<br>Assorted Fruit<br><br>WG Cinnamon Texas Toast         | Milk<br>Assorted Fruit<br><br>WG Donut Wunder Ring                                 | Milk<br>Assorted Fruit<br><br>WG Cereal<br>WG Grahams                     | Milk<br>Assorted Fruit<br><br>WG Apple Jammer Stick     | Milk<br>Assorted Fruit<br><br>WG Granola Bar<br>Yogurt   |
| Week 4  | 21  | 22   | 23  | 24  | 25   |
| 1 cup Milk, fluid<br>1 cup fruit, or<br>Veg, 100% juice<br>2 oz. grain or 1 oz.<br>& 1 oz. meat/alt | Milk<br>Assorted Fruit<br><br>WG Cereal Bar<br>WG Grahams     | Milk<br>Assorted Fruit<br><br>WG WowButter and Jelly EZ Jammers                    | Milk<br>Assorted Fruit<br><br>WG Chocolate Chip Oatmeal Bar<br>WG Grahams | Milk<br>Assorted Fruit<br><br>WG Cinnamon Roll          | No School  |
| Week 5  | 28  | 29   | 30  | 31  |  |
| 1 cup Milk, fluid<br>1 cup fruit, or<br>Veg, 100% juice<br>2 oz. grain or 1 oz.<br>& 1 oz. meat/alt | Milk<br>Assorted Fruit<br><br>WG Toaster Pastry<br>WG Grahams | Milk<br>Assorted Fruit<br><br>WG Ultimate Breakfast Round                          | Milk<br>Assorted Fruit<br><br>WG Crunchmania                              | Milk<br>Assorted Fruit<br><br>WG Cinnamon Roll          | Assorted Fruit can be:<br>Dried fruit - raisins or craisins<br>Fruit cup (4 oz) variety<br>Juice box (4 oz variety)<br>Fresh fruit variety |
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