



Windsor Prep

March 2019

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
				<p>1 W.G Corn Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>
<p>4 Corn Flakes 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>5 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>6 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>7 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>8 W.G Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>
<p>11 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>12 Eggo Mini Maple Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>13 Kix Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>14 Wrapped Whole Wheat Bagel 2.5oz Buffer Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>15 W.G Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>
<p>18 Corn Flakes 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>19 Apple Blueberry Chip Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>20 Rice Krispies 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>21 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>22 W.G Apple Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>
<p>25 Reduced Sugar Frosted Flakes 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>26 Eggo Mini Blueberry Pancakes 3.53 oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>27 Chex Cereal 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>28 Wrapped Whole Wheat Bagel 2.5oz Buffer Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>	<p>29 W.G Corn Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz</p>