



# Windsor Prep

May 2019

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
		<p>1 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>2 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>3 W.G Corn Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>6 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>7 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>8 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>9 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>10 W.G Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>13 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>14 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>15 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>16 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>17 W.G Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>20 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>21 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>22 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>23 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>24 W.G Apple Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p><i>No Breakfast</i></p>	<p>28 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>29 Reduced Sugar Frosted Flakes 1ea Graham Crackers .5oz Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>30 Yogurt Cup 1ea Wrapped Whole Wheat Bread 1ea 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>31 W.G Corn Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>