



Windsor Prep

August 2019

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>All of our food is made fresh Daily.</i></p>			
			<p>1 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>2 W.G Banana Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>5 Rice Krispies 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>6 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>7 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>8 Wrapped Whole Wheat Bagel 2.5oz Butter Pack .5 oz 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>9 W.G Blueberry Muffin 2oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>
<p>12 Cheerios 1ea Graham Crackers .5oz Fresh Mac Apple 1ea 1% Milk 8oz Fat Free Chocolate, Fat Free Strawberry Milk or Skim 8oz</p>	<p>13 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>14</p>	<p>15</p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>