




Windsor Prep

Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
				<i>Happy Day May Day!</i>					
								1 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	
4 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		5 W.G Strawberry Poptart 1ea Graham Crackers 3pk Fresh Apple Slices 1 Bag 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		6 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		7 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz Plain Applesauce Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		8 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	
11 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		12 Oatmeal Raisin Breakfast Bar 1ea-2.5oz Fresh Banana 1ea 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		13 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		14 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 4oz Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim 8oz		15 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	
18 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		19 W.G Strawberry Poptart 1ea Fresh Apple Slices 1 Bag 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		20 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		21 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz Fruit Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		22 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	
		26 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz		27 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		28 Yogurt Cup 1ea Graham Crackers 3pk Plain Applesauce Cup 1/2 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz		29 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	