

Windsor Prep

Breakfast

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	4 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	5 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	6 Wrapped Whole Wheat Bagel 2oz Butter Pack .5 oz 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	7 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
10 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	11 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	12 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13	14
17	18	19	20	21
24	25	26	27	28
31				