

Windsor Prep

Breakfast

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		Welcome Back!		
	1 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	2 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	3 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	4 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
7	8 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	9 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	10 Eggo Mini Blueberry Pancakes 1ea 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	11 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
14 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	15 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	16 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	17 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	18 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
21	22 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	23 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	24 Yogurt Cup 1ea Graham Crackers 3pk 100% Grape Juice 4oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	25 W.G Blueberry Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
28 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	29 W.G Strawberry Poptart 1ea 100% Apple Juice 4oz 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	30 Whole Grain Apple Jacks 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		