Windsor Prep

Breakfast

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Fruit Loops 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz	3 W.G Strawberry Poptart 1ea 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	4 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	5	6
9 Lucky Charms 1ea Graham Crackers 3pk Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate or Skim 8oz	10 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Orange Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	11 Whole Grain Cinnamon Toast Crunch 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	12 Eggo Mini Maple Pancakes 1ea 100% Grape Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 W.G Corn Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
16 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	17 W.G Strawberry Poptart 1ea 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	18 Multi Grain Cheerios 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	19 Cinnamon Bagelers 1ea 100% Fruit Punch 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20 W.G Banana Muffin 1ea Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz
23 Whole Grain Rice Krispies 1ea Graham Crackers 3pk Fresh Macintosh Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	24 Oatmeal Raisin Breakfast Bar 1ea-2.5oz 100% Apple Juice 8oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	25 Cinnamon Chex Cereal 1ea Graham Crackers 3pk Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz		27
30 Whole Grain Frosted Flakes 1ea Graham Crackers 3pk Plain Applesauce Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate or Skim Milk 8oz				