



2022/23 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Item Breakfast Cereal, GF Yogurt* Whole Pear Applesauce	Item Blueberry Muffin* Whole Apple Fruit Cup	Item Banana Bread (or alternate)* Whole Orange Fruit Cup	Item Breakfast Cereal, GF Yogurt* Whole Apple Raisins (dry fruit)	Item Breakfast Bar* Whole Orange Applesauce
1% White Milk (MILK) or Soy Milk (SOY)				
*Allergens may contain Wheat, Egg, Milk or Soy				

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Secondary Menu - Revised

Monday	Tuesday	Wednesday	Thursday	Friday
Item Breakfast Cereal, GF Yogurt* Whole Pear Applesauce	Item Blueberry Muffin* Whole Apple Fruit Cup	Item Banana Bread (or alternate)* Whole Orange Fruit Cup	Item Breakfast Cereal, GF Yogurt* Whole Apple Raisins (dry fruit)	Item Breakfast Bar* Smoothie* (1gr. / 1fr.) Whole Fruit
1% White Milk (MILK) or Soy Milk (SOY)				
*Allergens may contain Wheat, Egg, Milk or Soy				
Breakfast Cereals are planned to be gluten free; However, varieties and allergens may change due to supply shortages.				



Breakfast Items:	Shelf-Life (Frozen)	Perishability: Shelf-Life (Refrigerated)	Shelf-Life (Room Temperature)	Allergens	Carbs:
URB, Cinnamon Ultimate Breakfast Round (1W) 2.2oz, Whole Grain	365 Days	30 Days	14 Days	Contains: Wheat, Milk, Soy, Eggs (Certified Peanut and Tree Nut Free)	44g
Banana Bread, 2oz Whole Grain Rich (or alternate)	365 Days	10 Days	5 Days	Contains: Wheat, Milk, Soy, Eggs	27g
Blueberry Muffin, 2oz Whole Grain	365 Days	30 Days	14 Days	Contains: Wheat, Soy, Eggs	30g
Smoothie, Twist & Go, 8oz	365 Days	30 Days	4 Hours	Contains: Milk	40g
Applesauce, 4.5oz	Not Recommended	See Manufactured Date	365 Days	None* Certified Allergen Free	17g
Yogurt, Assorted Flavors, 4oz	Not Recommended	See Manufactured Date	4 Hours	Contains: Milk	20g
Chex, Gluten Free Breakfast Cereal	Not Recommended	Not Recommended	See Manufactured Date	None	23g