



| <b>BREAKFAST Menu</b> Correspond the cycle week to the color-coordinated calendar below. <b>August-December 2025</b> |  |  |   |  |   |
|--|--|--|---|--|---|
| CYCLE WEEK   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
| <b>1</b>   | <b>Assorted Bagels with Cream Cheese and Jelly</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Mandarin Oranges</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk | <b>Maple Pancake &amp; Sausage Sandwich</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Mixed Fruit</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk         | <b>Dutch Waffle</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Applesauce Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                   | <b>Cinnamon Roll</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Peaches</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                          | <b>Breakfast Muffin</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Pears</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                                |
| <b>2</b>   | <b>Breakfast Bun</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Mandarin Oranges</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                               | <b>Dutch Waffle</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Pineapple</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                                   | <b>French Toast Sticks with Syrup</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Strawberry Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk | <b>Poptarts (Cinnamon or Strawberry)</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Mixed Fruit</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk  | <b>Assorted Bagels with Cream Cheese and Jelly</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Fruit Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk |
| <b>3</b>   | <b>Breakfast Muffin</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Peach Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                                   | <b>Breakfast Pizza (Bacon, Egg &amp; Cheese)</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Strawberry Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk | <b>Cinnamon Roll</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Applesauce</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                      | <b>Maple Pancake &amp; Sausage Sandwich</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Pineapple</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk | <b>Poptarts (Cinnamon or Strawberry)</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Pears</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk               |
| <b>4</b>   | <b>Breakfast Bun</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Pears</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk  | <b>French Toast Sticks with Syrup</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Strawberry Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk            | <b>Dutch Waffle</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Peaches</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                          | <b>Pancakes with Syrup</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Mixed Fruit</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk                | <b>Poptarts (Cinnamon or Strawberry)</b><br><br><i>or</i> ) Bowl of Cereal<br><br><b>Fruit Cup</b><br><b>100% Fruit Juice</b><br>½ Pt. Milk           |

Please note that regulations require that at least one fruit side be chosen with each breakfast.

Substitutions of items may be necessary.

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| August 2025 |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|
| S           | M  | T  | W  | T  | F  | S  |
|             |    |    |    |    | 1  | 2  |
| 3           | 4  | 5  | 6  | 7  | 8  | 9  |
| 10          | 11 | 12 | 13 | 14 | 15 | 16 |
| 17          | 18 | 19 | 20 | 21 | 22 | 23 |
| 24          | 25 | 26 | 27 | 28 | 29 | 30 |

| September 2025 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| S              | M  | T  | W  | T  | F  | S  |
| 31             | 1  | 2  | 3  | 4  | 5  | 6  |
| 7              | 8  | 9  | 10 | 11 | 12 | 13 |
| 14             | 15 | 16 | 17 | 18 | 19 | 20 |
| 21             | 22 | 23 | 24 | 25 | 26 | 27 |
| 28             | 29 | 30 |    |    |    |    |

| October 2025 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| S            | M  | T  | W  | T  | F  | S  |
|              |    |    | 1  | 2  | 3  | 4  |
| 5            | 6  | 7  | 8  | 9  | 10 | 11 |
| 12           | 13 | 14 | 15 | 16 | 17 | 18 |
| 19           | 20 | 21 | 22 | 23 | 24 | 25 |
| 26           | 27 | 28 | 29 | 30 | 31 |    |

| November 2025 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  |
|               |    |    |    |    |    | 1  |
| 2             | 3  | 4  | 5  | 6  | 7  | 8  |
| 9             | 10 | 11 | 12 | 13 | 14 | 15 |
| 16            | 17 | 18 | 19 | 20 | 21 | 22 |
| 23            | 24 | 25 | 26 | 27 | 28 | 29 |

| December 2025 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| S             | M  | T  | W  | T  | F  | S  |
| 30            | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28            | 29 | 30 | 31 |    |    |    |



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan