

# APRIL

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Fruit Juice <b>20g</b> <b>Cal: 345</b> <b>Sodium: 145mg</b> <b>Sugar: 48g</b>	Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 445</b> <b>Sodium: 185mg</b> <b>Sugar: 58g</b>	Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 445</b> <b>Sodium: 185mg</b> <b>Sugar: 58g</b>	Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 445</b> <b>Sodium: 185mg</b> <b>Sugar: 58g</b>	WG Donut <b>23g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b>  <b>Cal: 290</b> <b>Sodium: 320mg</b> <b>Sugar: 31mg</b>	WG Muffin <b>30g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 330</b> <b>Sodium: 270mg</b> <b>Sugar: 54g</b>	WG Pastry <b>25g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 370</b> <b>Sodium: 200mg</b> <b>Sugar: 47g</b>
<b>29</b>	<b>30</b>			
WG Cereal Bowl <b>30g</b> Graham Cracker <b>11g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 326</b> <b>Sod: 270mg</b> <b>Sugars: 62g</b>	WG Cereal Bar <b>30g</b> Go-Gurt <b>8g</b> Applesauce <b>17g</b> Fruit Juice <b>20g</b> <b>Cal: 445</b> <b>Sodium: 185mg</b> <b>Sugar: 58g</b>			Riverside/ MT Auburn

**Menus are subject to change due to availability of food or unplanned school closings.**

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**  
**Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510**