



**Breakfast  
\$1.50**

If writing a check,  
please make  
payable to:  
DOC Nutrition  
Services

**BREAKFAST Menu** Correspond the cycle week to the color-coordinated calendar below. **August-December 2019**

CYCLE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>Assorted Bagels with Cream Cheese and Jelly</b> or) Bowl of Cereal <b>Strawberry Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Maple Pancake &amp; Sausage Sandwich</b> or) Bowl of Cereal <b>Applesauce Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Dutch Waffle</b> or) Bowl of Cereal <b>Fruit Cocktail</b> 100% Fruit Juice ½ Pt. Milk	<b>Pizza for Breakfast (Bacon, Egg &amp; Cheese)</b> or) Bowl of Cereal <b>Fruit Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Breakfast Muffin</b> or) Bowl of Cereal <b>Peaches</b> 100% Fruit Juice ½ Pt. Milk
<b>2</b>	<b>Cinnamon Roll</b> or) Bowl of Cereal <b>Fruit Cocktail</b> 100% Fruit Juice ½ Pt. Milk	<b>Sausage, Egg &amp; Cheese Sliders</b> or) Bowl of Cereal <b>Peach Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Cereal Bar with Yogurt</b> or) Bowl of Cereal <b>Strawberry Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Poptarts (Cinnamon or Strawberry)</b> or) Bowl of Cereal <b>Mandarin Oranges</b> 100% Fruit Juice ½ Pt. Milk	<b>Assorted Bagels with Cream Cheese and Jelly</b> or) Bowl of Cereal <b>Applesauce</b> 100% Fruit Juice ½ Pt. Milk
<b>3</b>	<b>Breakfast Muffin</b> or) Bowl of Cereal <b>Strawberry Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Pizza for Breakfast (Bacon, Egg &amp; Cheese)</b> or) Bowl of Cereal <b>Peaches</b> 100% Fruit Juice ½ Pt. Milk	<b>Breakfast Bun</b> or) Bowl of Cereal <b>Pears</b> 100% Fruit Juice ½ Pt. Milk	<b>Maple Pancake &amp; Sausage Sandwich</b> or) Bowl of Cereal <b>Fruit Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Dutch Waffle</b> or) Bowl of Cereal <b>Applesauce Cup</b> 100% Fruit Juice ½ Pt. Milk
<b>4</b>	<b>Poptarts (Cinnamon or Strawberry)</b> or) Bowl of Cereal <b>Strawberry Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>French Toast Sticks with Syrup</b> or) Bowl of Cereal <b>Peach Cup</b> 100% Fruit Juice ½ Pt. Milk	<b>Cereal Bar with Yogurt</b> or) Bowl of Cereal <b>Pears</b> 100% Fruit Juice ½ Pt. Milk	<b>Pancakes with Syrup</b> or) Bowl of Cereal <b>Mixed Fruit</b> 100% Fruit Juice ½ Pt. Milk	<b>Breakfast Apple Bites</b> or) Bowl of Cereal <b>Applesauce</b> 100% Fruit Juice ½ Pt. Milk



Please note that regulations require that at least one fruit or vegetable side be chosen with each lunch. Substitutions of items may be necessary.



**This institution is an equal opportunity provider.**

August 2019

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

September 2019

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					

October 2019

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 2019

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

December 2019

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				

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan