



# MAY | 2017

## Capella High School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Banana ¾ c WG Cheerios Fruity Cereal Bowl 1oz WG Trix Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>2</b> Apple Sauce ½ c WG Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Cocoa Puffs Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>3</b> Mandarin Orange Slices ½ c WG Fruit Loops Cereal Bowl 1 oz. WG Golden Grahams Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>4</b> Grapes ½ c WG Apple Jacks Cereal Bowl 1 oz. WG Strawberry Cereal Bar 1.24 oz. Orange Juice 1 c 1% Milk	<b>5</b> Mixed Fruit ½ c WG Apple Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Apple Cinnamon Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk
<b>8</b> Banana ¾ c WG Cinnamon Frosted Flakes Cereal Bowl 1oz WG Cocoa Puffs Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>9</b> Pear Slices ½ c WG Apple Jacks Cereal Bowl 1 oz. WG Strawberry Pop Tart 1.24 oz. Orange Juice 1 c 1% Milk	<b>10</b> Sliced Peaches ½ c WG Fruit Loops Cereal Bowl 1 oz. WG Golden Grahams Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>11</b> Pineapple Chunks ½ c WG Cinnamon Toast Crunch Cereal 1 oz. WG Cinnamon Toast Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>12</b> Apple ½ c WG Cocoa Puffs Cereal Bowl 1 oz. WG Trix Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk
<b>15</b> Apple Sauce ½ c WG Cheerios Fruity Cereal Bowl 1.13 oz. WG Cocoa Puffs Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>16</b> Grapes ½ c WG Fruit Loops Cereal Bowl 1 oz. WG Strawberry Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>17</b> Pear Slices ½ c WG Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Trix Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>18</b> Mixed Fruit ½ c WG Apple Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Apple Cinnamon Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>19</b> Banana ¾ c WG Apple Jacks Cereal Bowl 1 oz. WG Golden Grahams Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk
<b>22</b> Pineapple Chunks ½ c WG Cheerios Fruity Cereal Bowl 1 oz. WG Cinnamon Toast Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>23</b> Apple ½ c WG Cocoa Puffs Cereal Bowl 1 oz. WG Cocoa Puffs Cereal Bar 1.42 oz. Orange juice 1 c 1% Milk	<b>24</b> Grapes ½ c WG Apple Jacks Cereal Bowl 1 oz. WG Strawberry Cereal Bar 1.24 oz. Orange Juice 1 c 1% Milk	<b>25</b> Mixed Fruit ½ c WG Apple Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Apple Cinnamon Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>26</b> Pear Slices ½ c WG Cinnamon Frosted Flakes Cereal Bowl 1 oz. WG Trix Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk
<b>29</b> No School	<b>30</b> Pineapple Chunks ½ c WG Cinnamon Toast Crunch Cereal 1 oz. WG Cinnamon Toast Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk	<b>31</b> Apple Sauce ½ c WG Cheerios Fruity Cereal Bowl 1.13 oz. WG Cocoa Puffs Cereal Bar 1.42 oz. Orange Juice 1 c 1% Milk		

