



**Aventura City of Excellence School  
Breakfast  
August 2019**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>August 19</b> 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>August 20</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>August 21</b> 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>Aug 22</b> 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>Aug 23</b> 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
<b>August 26</b> 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	<b>August 27</b> 2oz Hard Boiled Egg 1.5oz WGR Cereal ½ c Sliced Pears ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% UN-Flavored	<b>August 28</b> 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	<b>August 29</b> 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Flavored	<b>August 30</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored
<b>September 2</b> 2oz Hard Boiled Egg 1.5oz WGR Cereal ½ c Sliced Pears ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% UN-Flavored	<b>September 3</b> 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 4</b> 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 5</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 6</b> 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
<b>September 9</b> 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% UN-Flavored	<b>September 10</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 11</b> 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 12</b> 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 13</b> 2oz Hard Boiled Egg 1.5oz WGR Cereal ½ c Sliced Pears ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% UN-Flavored
<b>September 16</b> 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 17</b> 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 18</b> 2oz Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 19</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 20</b> 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored
<b>September 23</b> 1/2c Fat-Free Yogurt 2oz WGR Granola Bar ½ c Pineapple Chunks ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 24</b> 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 25</b> 1oz Low-Fat Cream Cheese 2oz WGR Bagel ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	<b>September 26</b> 1oz Low-Fat Cheese Stick 2oz WGR Blueberry Muffin ½ c Fresh Apple Slices ½ c 100% Apple Juice 8oz Fat Free Flavored	<b>September 27</b> 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored

