



**Aventura City of Excellence School
Breakfast
MAY/JUN 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
		MAY 1 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	MAY 2 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	MAY 3 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
MAY 6 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	MAY 7 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	MAY 8 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	MAY 9 1oz Breakfast Pattie 1.2oz WGR Pancakes ½ c Fresh Apple Slices ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Flavored	MAY 10 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored
MAY 13 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	MAY 14 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	MAY 15 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	MAY 16 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	MAY 17 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
MAY 20 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	MAY 21 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	MAY 22 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	MAY 23 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	MAY 24 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
MAY 27 NO SCHOOL	MAY 28 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	MAY 29 1oz Egg Omelet Whole Wheat Toast ½ c Fresh Banana ½ c 100% Apple Juice 8oz Fat Free Flavored or 1% Un-Flavored	MAY 30 1.5oz WGR Cereal ½ c Orange Wedges ½ c 100% Orange Juice 8oz Fat Free Flavored or 1% Un-Flavored	MAY 31 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
JUN 3 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	JUN 4 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	JUN 5 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	JUN 6 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	

