



# November 2019

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Wednesday, October 23, 2019

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## Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 * Closed *
4 Rice Chex Cereal WG Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	5 Double Chocolate Muffin WG IW Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	6 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	7 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Juice 100%- 4oz (15) Milk Choice 8oz	8 * Closed *
11 Trix Cereal (24) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	12 Soft Filled Bread Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	13 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	14 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	15 * Closed *
18 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	19 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	20 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	21 Cheese Stick 1 oz (1) CoCoo Krispy Bar (27) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	22 * Closed *
25 Kix Cereal (14) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	26 Blueberry Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	27 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	28 **Happy Thanksgiving**	29 *Closed*

Carb Counts  
included in  
parenthesis ( )  
for each item

\* Carb counts are estimated  
based on nutrition labels from  
the manufacturer and USDA  
data

Milk Carbs:  
Fat Free White Milk 1/2 Pint  
(Purple)(12)

\*(V) indicates a vegetarian  
entree

This institution is an  
equal opportunity  
provider.