



December 2019

3:26:47 PM

Thursday, November 21, 2019

9-12 2

9909 /

Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	3 Banana Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	4 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	5 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Milk Choice 8oz Juice 100%- 4oz (15)	6 *Closed*
9 Cinn Chex Cereal WG (23) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	10 Soft Filled Bread Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	11 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Milk Choice 8oz Juice 100%- 4oz (15)	12 Mini Blueberry Waffle WG IW Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	13 *Closed*
16 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	17 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	18 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	19 Trix Cereal Bar WG (30) Cheese Stick 1 oz (1) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	20 *Closed*
23 *Closed*	24 *Closed*	25 *Closed*	26 *Closed*	27 *Closed*
30 *Closed*	31 *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.