



January 2020

1:19:02 PM
 Wednesday, December 11, 2019
 9-12 2
 9976 /

Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Closed*	2 *Closed*	3 *Closed*
6 Cereal WG Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	7 Soft Filled Bread Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	8 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	9 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	10 *Closed*
13 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	14 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	15 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	16 Cheese Stick 1 oz (1) CoCoo Krispy Bar (27) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	17 *Closed*
20 *Closed*	21 Blueberry Muffin WG IW 2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	22 Yogurt 4 oz (16) Grahams Minis WG (24) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	23 Bagel WG IW (29) Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	24 *Closed*
27 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	28 Banana Muffin WG IW 2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	29 Yogurt 4 oz (16) Grahams Minis WG (24) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	30 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Juice 100%- 4oz (15) Milk Choice 8oz	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.