



# February 2020

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Wednesday, January 22, 2020

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## Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cinn Chex Cereal WG (23) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>4</b> Soft Filled Bread Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>5</b> Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	<b>6</b> Mini Blueberry Waffle WG IW Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	<b>7</b> Bagels Mini, Strawberry WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
<b>10</b> Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	<b>11</b> Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>12</b> Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	<b>13</b> Trix Cereal Bar WG (30) Cheese Stick 1 oz (1) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	<b>14</b> Tripleberry Crunch Bar (42) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
<b>17</b> *Closed*	<b>18</b> Blueberry Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>19</b> Yogurt 4 oz (16) Grahams Minis WG (24) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	<b>20</b> Bagel WG (28) Strawberry Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	<b>21</b> French Toast Mini Berry IW Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
<b>24</b> Rice Chex Cereal WG Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>25</b> Double Chocolate Muffin WG IW Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	<b>26</b> Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	<b>27</b> Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Grahams Minis WG (15) Milk Choice 8oz	<b>28</b> Bagels Mini, Cinnamon WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz

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.