



October 2019

3:29:23 PM

Thursday, September 19, 2019

9-12 2

9816 /

Way Academy Breakfast-Detroit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bagels Mini, Cinnamon WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	2 Banana 1 ea (34) Lemon Crunch Bar WG (41) Juice 100%- 4oz (15) Milk Choice 8oz	3 Bagel WG IW (29) Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	4 Banana Muffin WG IW 2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
7 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	8 Banana Muffin WG IW 2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	9 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	10 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Juice 100%- 4oz (15) Milk Choice 8oz	11 Cheerios Apple Cinn. Cereal (23) Goldfish Grahams WG (19) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
14 Cinn Chex Cereal WG (23) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	15 Soft Filled Bread Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	16 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Milk Choice 8oz Juice 100%- 4oz (15)	17 Mini Blueberry Waffle WG IW Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	18 Bagels Mini, Strawberry WG (41) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
21 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	22 Mini Cini -(Cold)WG (40) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	23 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	24 Trix Cereal Bar WG (30) Cheese Stick 1 oz (1) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	25 Tripleberry Crunch Bar (42) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
28 Kix Cereal (14) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	29 Blueberry Muffin WG IW 2oz Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	30 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	31 Bagel WG (28) Strawberry Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	

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.