





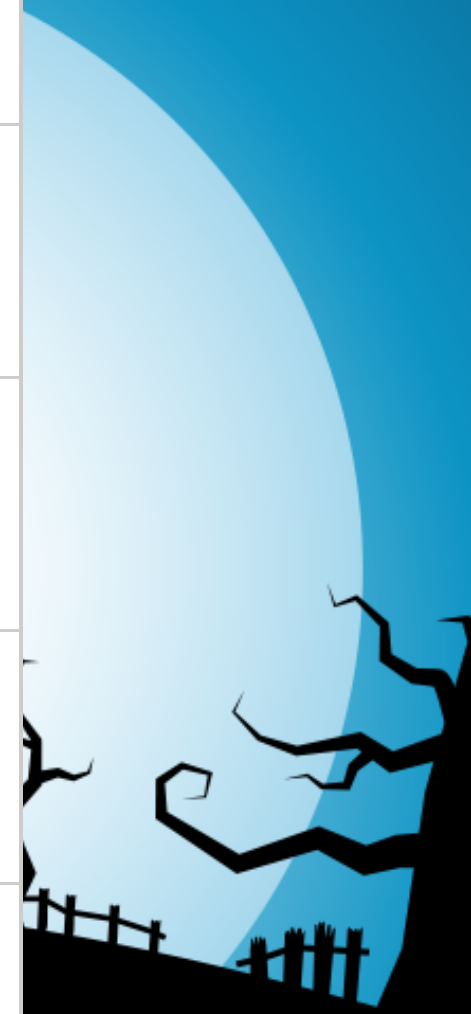


AMERICAN MONTESSORI ACADEMY

OCTOBER 2020 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1 oz. WG Strawberry Poptart 1 oz. WG Graham Crackers 1/2 c. Diced Pears 4 oz. 100% Apple Juice Choice of Milk	2 2 oz. WG Bagel filled w/ Cream Cheese 1/2 c. Mandarin Oranges 4 oz. Assorted 100% Juice Choice of Milk
5 2 oz. WG Banana Muffin 1/2 c. Mixed Fruit 4 oz. 100% Fruit Punch Juice Choice of Milk	6 1 oz. Kellogs Frosted Flakes Cereal 1 oz. WG Animal Crackers 1/2 c. Applesauce 4 oz. 100% Orange Juice Choice of Milk	7 1 oz. Coco Puffs Cereal Bar 1/2 c. Diced Peaches 4 oz. 100% Grape Juice Choice of Milk	8 2 oz. WG Breakfast Donut 1/2 c. Fresh Orange 4 oz. 100% Apple Juice Choice of Milk 	9 1 oz. WG Breakfast Bar 1 oz. WG Graham Crackers 1/2 c. Diced Pineapple 4 oz. Assorted 100% Juice Choice of Milk
12 1 oz. Kellogs Apple Jacks Cereal 1 oz. WG Animal Crackers 1/2 c. Mandarin Oranges 4 oz. 100% Fruit Punch Juice Choice of Milk	13 2 oz. WG Apple Muffin 1/2 c. Tropical Fruit 4 oz. 100% Orange Juice Choice of Milk	14 4 oz. Yogurt 1 oz. WG Graham Crackers 1/2 c. Diced Pears 4 oz. 100% Grape Juice Choice of Milk	15 2 oz. WG Cinnamon Swirls 1/2 c. Fresh Red Apple 4 oz. 100% Apple Juice Choice of Milk 	16 1 oz. WG Cinnamon Poptart 1/2 c. Applesauce 4 oz. Assorted 100% Juice Choice of Milk
19 1 oz. WG Breakfast Bar 1 oz. WG Animal Crackers 1/2 c. Fresh Orange 4 oz. 100% Fruit Punch Juice Jelly Choice of Milk	20 1 oz. Kellogs Cinnamon Toast Cereal 1/2 c. Fresh Green Apple 4 oz. 100% Orange Juice Choice of Milk 	21 2 oz. WG Blueberry Muffin 1/2 c. Applesauce 4 oz. 100% Grape Juice Choice of Milk	22 1 oz. WG Strawberry Poptart 1 oz. WG Graham Crackers 1/2 c. Diced Pears 4 oz. 100% Apple Juice Choice of Milk	23 2 oz. WG Bagel filled w/ Cream Cheese 1/2 c. Mandarin Oranges 4 oz. Assorted 100% Juice Choice of Milk
26 2 oz. WG Banana Muffin 1/2 c. Mixed Fruit 4 oz. 100% Fruit Punch Juice Choice of Milk 	27 1 oz. Kellogs Frosted Flakes Cereal 1 oz. WG Animal Crackers 1/2 c. Applesauce 4 oz. 100% Orange Juice Choice of Milk	28 1 oz. Coco Puffs Cereal Bar 1/2 c. Diced Peaches 4 oz. 100% Grape Juice Choice of Milk	29 2 oz. WG Breakfast Donut 1/2 c. Fresh Orange 4 oz. 100% Apple Juice Choice of Milk 	30 1 oz. WG Breakfast Bar 1 oz. WG Graham Crackers 1/2 c. Diced Pineapple 4 oz. Assorted 100% Juice Choice of Milk



This institution is an equal opportunity provider.

Menu items are subject to change based on availability.