

Achiever's Early College Prep Charter School - Breakfast

August 2 - August 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Fresh Pear-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	Fresh Apple-1 W/G Rice Krispies-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	Fresh Orange-1 W/G Frosted Flakes-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Peach-1 W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	Strawberry Applesauce Cup-1/2 c. 100% Orange/Tang. Juice-4 oz. W/G Alphabets Cereal-1 oz. W/G Cranberry Muffin-2 oz. Milk-8 oz.
9	10	11	12	13
Fresh Orange-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	Diced Pear Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Apple Muffin-2 oz. W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	Mixed Berry Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	Fresh Orange-1 W/G Fruity Cheerios-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.
16	17	18	19	20
Fresh Pear-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	Fresh Apple-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	Fresh Peach-1 W/G Superdonut-2 oz. Milk-8 oz.	Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
23	24	25	26	27
Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Diced Pear Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Blueberry Muffin-2 oz. W/G Fruit Loops-1 oz. Milk-8 oz.	Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	Golden Delicious Apple-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	Fresh Plum-1 W/G Superdonut-2 oz. Milk-8 oz.
30	31			
Fresh Pear-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	Fresh Apple-1 W/G Corn Chex Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.			