WASHINGTON GLOBAL PCS

October 2026

THU 1

Breakfast - Cold
- Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Cinnamon Bun
- 100% Fruit Punch Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

FRI 2

Breakfast - Cold
- Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice
- 1% Milk, Unflavored
- Skim Milk

MON 5

Breakfast - Cold
- Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce
- 1% Milk, Unflavored
- Skim Milk

TUE 6

Breakfast - Cold
- Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Turkey Sausage Griddle Sandwich
- 100% Fruit Punch Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

WED 7

Breakfast - Cold
- Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Dutch Waffle
- 100% Very Berry Juice
- Fresh Pear
- Syrup
- 1% Milk, Unflavored
- Skim Milk

THU 8

Breakfast - Cold
- WG Plain Bagel, Cream Cheese, Fresh Pear, 100% Orange-Tangerine Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Apple Frudel
- 100% Orange Tangerine Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

FRI 9

Breakfast - Cold
- WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice
- 1% Milk, Unflavored
- Skim Milk

MON 12

No meal scheduled

TUE 13

No meal scheduled

WED 14

Breakfast - Cold
- Cinnamon Raisin Bagel w/ Butter, Diced Peaches, 100% Grape Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Cinnamon Bun
- 100% Grape Juice
- Diced Peaches
- 1% Milk, Unflavored
- Skim Milk

THU 15

Breakfast - Cold
- Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Biscuit Cheese Melt
- 100% Fruit Punch Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

FRI 16

Breakfast - Cold
- WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice
- 1% Milk, Unflavored
- Skim Milk

MON 19

Breakfast - Cold
- Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce
- 1% Milk, Unflavored
- Skim Milk

TUE 20

Breakfast - Cold
- Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Apple Frudel
- 100% Fruit Punch Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

WED 21

Breakfast - Cold
- Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Sunrise Breakfast Calzone
- 100% Very Berry Juice
- Fresh Pear
- 1% Milk, Unflavored
- Skim Milk

THU 22

Breakfast - Cold
- WG Plain Bagel, Cream Cheese, Fresh Pear, 100% Orange-Tangerine Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- WG Pancakes
- 100% Orange Tangerine Juice
- Fresh Apple
- Syrup
- 1% Milk, Unflavored
- Skim Milk

FRI 23

Breakfast - Cold
- Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice
- 1% Milk, Unflavored
- Skim Milk

MON 26

Breakfast - Cold
- Cinnamon Raisin Bagel w/ Butter, Diced Peaches, 100% Grape Juice
- 1% Milk, Unflavored
- Skim Milk

TUE 27

Breakfast - Cold
- Cinn Toast Crunch,Graham Crackers,Fresh Pear,100%OrangeTangerineJuice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- WG Waffles
- 100% Orange Tangerine Juice
- Fresh Apple
- Syrup
- 1% Milk, Unflavored
- Skim Milk

WED 28

Breakfast - Cold
- Apple Muffin, Raisins, 100% Grape Juice
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Biscuit Cheese Melt
- 100% Grape Juice
- Raisins
- 1% Milk, Unflavored
- Skim Milk

THU 29

Breakfast - Cold
- Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
- 1% Milk, Unflavored
- Skim Milk

Breakfast - Hot
- Cinnamon Bun
- 100% Fruit Punch Juice
- Fresh Apple
- 1% Milk, Unflavored
- Skim Milk

FRI 30

No meal scheduled

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. • This institution is an equal opportunity provider, employer and lender. • We do not recommend medical decisions regarding dietary needs be solely based on the nutrition information provided. Always consult with the staff on site if you have any questions or concerns. Nutrition information is subject to change based on menu changes and product substitutions. • For support with dietary accommodations, please contact your local school for further assistance.

WASHINGTON GLOBAL PCS

October 2026

THU 1

Breakfast - Cold

Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
Calories 360 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 230mg · Total Carb 69g · Fiber 6g · Total Sugars 49g · Added Sugars 12g · Protein 7g · Vitamin D 2mcg · Calcium 280mg · Iron 1.7mg · Potassium 420mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Cinnamon Bun
Calories 230 · Total Fat 7g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 0mg · Sodium 280mg · Total Carb 41g · Fiber 3g · Total Sugars 14g · Added Sugars 13g · Protein 5g · Vitamin D 0mcg · Calcium 30mg · Iron 1.7mg · Potassium 130mg

100% Fruit Punch Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 0g · Total Sugars 13g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 125mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

FRI 2

Breakfast - Cold

Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice
Calories 310 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 170mg · Total Carb 68g · Fiber 2g · Total Sugars 37g · Added Sugars 13g · Protein 4g · Vitamin D 1mcg · Calcium 200mg · Iron 3.1mg · Potassium 280mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

MON 5

Breakfast - Cold

Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce
Calories 400 · Total Fat 5g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 260mg · Total Carb 87g · Fiber 6g · Total Sugars 49g · Added Sugars 13g · Protein 5g · Vitamin D 1.2mcg · Calcium 290mg · Iron 14.3mg · Potassium 510mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

TUE 6

Breakfast - Cold

Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
Calories 360 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 230mg · Total Carb 69g · Fiber 6g · Total Sugars 49g · Added Sugars 12g · Protein 7g · Vitamin D 2mcg · Calcium 280mg · Iron 1.7mg · Potassium 420mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Turkey Sausage Griddle Sandwich
Calories 160 · Total Fat 6g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 35mg · Sodium 350mg · Total Carb 17g · Fiber less than 1g · Total Sugars 6g · Added Sugars 6g · Protein 9g · Vitamin D 0mcg · Calcium 40mg · Iron 0.8mg · Potassium 40mg

100% Fruit Punch Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 0g · Total Sugars 13g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 125mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

WED 7

Breakfast - Cold

Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice
Calories 340 · Total Fat 7g · Sat Fat 2g · Trans Fat 0g · Cholesterol 0mg · Sodium 50mg · Total Carb 72g · Fiber 2g · Total Sugars 45g · Added Sugars 14g · Protein 4g · Vitamin D 0mcg · Calcium 30mg · Iron 2.2mg · Potassium 440mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Dutch Waffle
Calories 340 · Total Fat 18g · Sat Fat 3g · Trans Fat 0g · Cholesterol 15mg · Sodium 320mg · Total Carb 40g · Fiber 3g · Total Sugars 11g · Added Sugars 10g · Protein 4g · Vitamin D 0mcg · Calcium 30mg · Iron 2mg · Potassium 120mg

100% Very Berry Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 16g · Fiber 0g · Total Sugars 14g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 10mg · Iron 0mg · Potassium 125mg

Fresh Pear
Calories 50 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 3g · Total Sugars 9g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 110mg

Syrup
Calories 35 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 9g · Fiber 0g · Total Sugars 9g · Added Sugars 9g · Protein 0g · Calcium 0mg · Iron 0mg · Potassium 10mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

THU 8

Breakfast - Cold

WG Plain Bagel, Cream Cheese, Fresh Pear, 100% Orange-Tangerine Juice
Calories 340 · Total Fat 6g · Sat Fat 3g · Trans Fat 0g · Cholesterol 20mg · Sodium 320mg · Total Carb 64g · Fiber 7g · Total Sugars 34g · Added Sugars 2g · Protein 7g · Vitamin D 0mcg · Calcium 140mg · Iron 1.2mg · Potassium 440mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Apple Frudel
Calories 210 · Total Fat 6g · Sat Fat 1g · Trans Fat 0g · Cholesterol 0mg · Sodium 250mg · Total Carb 36g · Fiber 2g · Total Sugars 10g · Added Sugars 9g · Protein 4g · Vitamin D 0mcg · Calcium 0mg · Iron 1.5mg · Potassium 110mg

100% Orange Tangerine Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 14g · Fiber 0g · Total Sugars 12g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 190mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

FRI 9

Breakfast - Cold

WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice
Calories 390 · Total Fat 4g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 340mg · Total Carb 85g · Fiber 3g · Total Sugars 44g · Added Sugars 13g · Protein 5g · Vitamin D 0mcg · Calcium 230mg · Iron 9.6mg · Potassium 230mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

MON 12

No meal scheduled

TUE 13

No meal scheduled

WED 14

Breakfast - Cold

Cinnamon Raisin Bagel w/ Butter, Diced Peaches, 100% Grape Juice
Calories 320 · Total Fat 5g · Sat Fat 2.5g · Trans Fat 0g · Cholesterol 10mg · Sodium 220mg · Total Carb 68g · Fiber 4g · Total Sugars 35g · Added Sugars 2g · Protein 5g · Vitamin D 0mcg · Calcium 20mg · Iron 1.6mg · Potassium 290mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Cinnamon Bun
Calories 230 · Total Fat 7g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 0mg · Sodium 280mg · Total Carb 41g · Fiber 3g · Total Sugars 14g · Added Sugars 13g · Protein 5g · Vitamin D 0mcg · Calcium 30mg · Iron 1.7mg · Potassium 130mg

100% Grape Juice
Calories 80 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 19g · Fiber 0g · Total Sugars 18g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0mg

Diced Peaches
Calories 80 · Total Fat 0g · Sat Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 21g · Fiber less than 1g · Total Sugars 12g · Added Sugars 0g · Protein less than 1g · Vitamin D 0mcg · Calcium 0mg · Iron 0.6mg · Potassium 190mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

THU 15

Breakfast - Cold

Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
Calories 360 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 230mg · Total Carb 69g · Fiber 6g · Total Sugars 49g · Added Sugars 12g · Protein 7g · Vitamin D 2mcg · Calcium 280mg · Iron 1.7mg · Potassium 420mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Biscuit Cheese Melt
Calories 220 · Total Fat 7g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 10mg · Sodium 310mg · Total Carb 30g · Fiber 2g · Total Sugars 4g · Added Sugars 3g · Protein 7g · Vitamin D 0mcg · Calcium 110mg · Iron 1mg · Potassium 150mg

100% Fruit Punch Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 0g · Total Sugars 13g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 125mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

FRI 16

Breakfast - Cold

WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice
Calories 290 · Total Fat 5g · Sat Fat 1g · Trans Fat 0g · Cholesterol 15mg · Sodium 120mg · Total Carb 65g · Fiber less than 1g · Total Sugars 43g · Added Sugars 14g · Protein 3g · Vitamin D 0mcg · Calcium 50mg · Iron 1.2mg · Potassium 360mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

MON 19

Breakfast - Cold

Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce
Calories 400 · Total Fat 5g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 260mg · Total Carb 87g · Fiber 6g · Total Sugars 49g · Added Sugars 13g · Protein 5g · Vitamin D 1.2mcg · Calcium 290mg · Iron 14.3mg · Potassium 510mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

TUE 20

Breakfast - Cold

Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
Calories 360 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 230mg · Total Carb 69g · Fiber 6g · Total Sugars 46g · Added Sugars 12g · Protein 7g · Vitamin D 2mcg · Calcium 280mg · Iron 1.7mg · Potassium 420mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Apple Frudel
Calories 210 · Total Fat 6g · Sat Fat 1g · Trans Fat 0g · Cholesterol 0mg · Sodium 250mg · Total Carb 36g · Fiber 2g · Total Sugars 10g · Added Sugars 9g · Protein 4g · Vitamin D 0mcg · Calcium 0mg · Iron 1.5mg · Potassium 110mg

100% Fruit Punch Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 0g · Total Sugars 13g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 125mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

WED 21

Breakfast - Cold

Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice
Calories 340 · Total Fat 7g · Sat Fat 2g · Trans Fat 0g · Cholesterol 0mg · Sodium 50mg · Total Carb 72g · Fiber 2g · Total Sugars 45g · Added Sugars 14g · Protein 4g · Vitamin D 0mcg · Calcium 30mg · Iron 2.2mg · Potassium 440mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Sunrise Breakfast Calzone
Calories 170 · Total Fat 6g · Sat Fat 2g · Trans Fat 0g · Cholesterol 80mg · Sodium 260mg · Total Carb 20g · Fiber 2g · Total Sugars 2g · Added Sugars 1g · Protein 9g · Calcium 90mg · Iron 1mg · Potassium 115mg

100% Very Berry Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 16g · Fiber 0g · Total Sugars 14g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 10mg · Iron 0mg · Potassium 125mg

Fresh Pear
Calories 50 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 3g · Total Sugars 9g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 110mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

THU 22

Breakfast - Cold

WG Plain Bagel, Cream Cheese, Fresh Pear, 100% Orange-Tangerine Juice
Calories 340 · Total Fat 6g · Sat Fat 3g · Trans Fat 0g · Cholesterol 20mg · Sodium 320mg · Total Carb 64g · Fiber 7g · Total Sugars 34g · Added Sugars 2g · Protein 7g · Vitamin D 0mcg · Calcium 140mg · Iron 1.2mg · Potassium 440mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

WG Pancakes
Calories 200 · Total Fat 6g · Sat Fat 1g · Trans Fat 0g · Cholesterol 0mg · Sodium 210mg · Total Carb 35g · Fiber 4g · Total Sugars 10g · Added Sugars 10g · Protein 4g · Calcium 40mg · Iron 3.6mg · Potassium 130mg

100% Orange Tangerine Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 14g · Fiber 0g · Total Sugars 12g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 190mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

Syrup
Calories 35 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 9g · Fiber 0g · Total Sugars 9g · Added Sugars 9g · Protein 0g · Calcium 0mg · Iron 0mg · Potassium 10mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

FRI 23

Breakfast - Cold

Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice
Calories 390 · Total Fat 6g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 320mg · Total Carb 84g · Fiber 3g · Total Sugars 44g · Added Sugars 13g · Protein 5g · Vitamin D 1.4mcg · Calcium 240mg · Iron 3.8mg · Potassium 230mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

MON 26

Breakfast - Cold

Cinnamon Raisin Bagel w/ Butter, Diced Peaches, 100% Grape Juice
Calories 320 · Total Fat 5g · Sat Fat 2.5g · Trans Fat 0g · Cholesterol 10mg · Sodium 220mg · Total Carb 68g · Fiber 4g · Total Sugars 35g · Added Sugars 2g · Protein 5g · Vitamin D 0mcg · Calcium 20mg · Iron 1.6mg · Potassium 290mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

TUE 27

Breakfast - Cold

Cinn Toast Crunch,Graham Crackers,Fresh Pear,100%OrangeTangerineJuice
Calories 380 · Total Fat 7g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 270mg · Total Carb 79g · Fiber 8g · Total Sugars 43g · Added Sugars 13g · Protein 4g · Vitamin D 2.4mcg · Calcium 260mg · Iron 2.8mg · Potassium 400mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

WG Waffles
Calories 190 · Total Fat 5g · Sat Fat 1.5g · Trans Fat 0g · Sodium 200mg · Total Carb 35g · Fiber 5g · Total Sugars 9g · Added Sugars 8g · Protein 5g · Calcium 260mg · Iron 3.6mg · Potassium 180mg

100% Orange Tangerine Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 14g · Fiber 0g · Total Sugars 12g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 190mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

Syrup
Calories 35 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 9g · Fiber 0g · Total Sugars 9g · Added Sugars 9g · Protein 0g · Calcium 0mg · Iron 0mg · Potassium 10mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

WED 28

Breakfast - Cold

Apple Muffin, Raisins, 100% Grape Juice
Calories 290 · Total Fat 3.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol 15mg · Sodium 110mg · Total Carb 64g · Fiber 3g · Total Sugars 46g · Added Sugars 9g · Protein 3g · Vitamin D 0mcg · Calcium 50mg · Iron 1.5mg · Potassium 290mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Biscuit Cheese Melt
Calories 220 · Total Fat 7g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 10mg · Sodium 310mg · Total Carb 30g · Fiber 2g · Total Sugars 4g · Added Sugars 3g · Protein 7g · Vitamin D 0mcg · Calcium 110mg · Iron 1mg · Potassium 150mg

100% Grape Juice
Calories 80 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 19g · Fiber 0g · Total Sugars 18g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0mg

Raisins
Calories 120 · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 30g · Fiber 2g · Total Sugars 24g · Protein less than 1g · Vitamin D 0mcg · Calcium 20mg · Iron 0.7mg · Potassium 280mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

THU 29

Breakfast - Cold

Yogurt, Graham Crackers, Fresh Pear, Pineapple Cup
Calories 360 · Total Fat 4.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 230mg · Total Carb 69g · Fiber 6g · Total Sugars 49g · Added Sugars 12g · Protein 7g · Vitamin D 2mcg · Calcium 280mg · Iron 1.7mg · Potassium 420mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

Breakfast - Hot

Cinnamon Bun
Calories 230 · Total Fat 7g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 0mg · Sodium 280mg · Total Carb 41g · Fiber 3g · Total Sugars 14g · Added Sugars 13g · Protein 5g · Vitamin D 0mcg · Calcium 30mg · Iron 1.7mg · Potassium 130mg

100% Fruit Punch Juice
Calories 60 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 14g · Fiber 0g · Total Sugars 13g · Added Sugars 0g · Protein 0g · Vitamin D 0mcg · Calcium 20mg · Iron 0mg · Potassium 125mg

Fresh Apple
Calories 80 · Total Fat 0g · Trans Fat 0g · Sodium 0mg · Total Carb 20g · Fiber 3g · Total Sugars 15g · Added Sugars 0g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 140mg

1% Milk, Unflavored
Calories 110 · Total Fat 2.5g · Sat Fat 1.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 125mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg · Iron 0mg · Potassium 0mg

Skim Milk
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 140mg · Total Carb 12g · Fiber 0g · Total Sugars 12g · Protein 8g · Calcium 290mg

FRI 30

No meal scheduled

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. • This institution is an equal opportunity provider, employer and lender. • We do not recommend medical decisions regarding dietary needs be solely based on the nutrition information provided. Always consult with the staff on site if you have any questions or concerns. Nutrition information is subject to change based on menu changes and product substitutions. • For support with dietary accommodations, please contact your local school for further assistance.