

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**5**  
 Fruit & Yogurt  
 Parfaits  
 100% Juice  
 Milk

**6**  
 WG Muffin  
 Fruit & 100% Juice  
 Milk

**7**  
 WW Bagel  
 Fruit & 100% Juice  
 Milk

**1**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**11**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**12**  
 Fruit & Yogurt  
 Parfaits  
 100% Juice  
 Milk

**13**  
 WG Muffin  
 Fruit & 100% Juice  
 Milk

**14**  
 WW Bagel  
 Fruit & 100% Juice  
 Milk

**15**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**18**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**19**  
 Fruit & Yogurt  
 Parfaits  
 100% Juice  
 Milk

**20**  
 WG Muffin  
 Fruit & 100% Juice  
 Milk

**21**  
 WW Bagel  
 Fruit & 100% Juice  
 Milk

**22**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**25**  
 Cereal  
 Fruit & 100% Juice  
 Milk

**26**  
 Fruit & Yogurt  
 Parfaits  
 100% Juice  
 Milk

**27**  
 WG Muffin  
 Fruit & 100% Juice  
 Milk

**28**  
 WW Bagel  
 Fruit & 100% Juice  
 Milk

**29**  
 Cereal  
 Fruit & 100% Juice  
 Milk

- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Additional daily offerings change and may include: cereal, Nutrigrain bars, and assorted whole grain pastries or breads
- Contact Becky Fowler, Director of Food Services at [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) with any questions or concerns

