

21 Day Breakfast Cycle menu

Grades K - 8

Downingtown Area School District

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Warm Bagels W/ Cream Cheese Yogurt Banana Diced Fruit	2 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit	3 French Toast /Syrup Low Fat Sausage 100% Fruit Juice Fruit Cup	4 Breakfast Sandwich Sliced Apples 100% Fruit Juice	5 Assorted Breakfast Bread Yogurt Fresh Fruit Warm Fruit Crisp
6 Soft English Muffin / Jelly / Sun Butter Cheese Stick Fresh Grapes 100% Fruit Juice	7 Cheese and Sausage Sandwich on Whole Grand Biscuit Fresh Fruit 100% Fruit Juice	8 Turkey Sausage and Cheese Quesadilla Sliced Apples Diced Fruit	9 Pancakes/Syrup Cheese Stick 100% Fruit Juice Fresh fruit	10 Fresh Fruit Granola Parfait Sliced Oranges 100% Fruit Juice
11 French Toast/Syrup Banana 100% Fruit Juice	12 Egg & Cheese on Whole Grain Biscuit 100% Fruit Juice Warm Fruit Crisp	13 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit	14 Fiesta Bean & Cheese Burrito Sliced Apples Fresh Fruit	15 Assorted Breakfast Bread Yogurt Fresh fruit 100% Juice
16 Egg & Veggie Breakfast Casserole Sliced Oranges Diced Fruit	17 Soft English Muffin / Jelly / Sunbutter Cheese Stick Fresh Grapes Warm Fruit Crisp	18 Pancakes/Syrup LF Sausage 100% Fruit Juice Fresh fruit	19 Peach Oatmeal Bake Yogurt Fresh Fruit Diced Fruit	20 Cheese and Sausage Sandwich on Soft English Muffin 100% Fruit Juice Fresh Fruit
21 Assorted Warm Bagels W/ Cream Cheese Yogurt Banana Diced Fruit		Available Daily: Choice of Muffins Choice of Cereal Bowls	Choice of 1% White or Fat-free Chocolate Milk with all Meals	

Name brand items or equivalent