

Lake Erie International High School

Monday

Tuesday

Wednesday

Thursday

Friday

WG Cereal Bowl 1oz **1**
 Fresh Fruit 1/2 c
 Orange Juice 1/2 c
 Milk 8oz

WG Breakfast Bar 1.42oz **2**
 Yogurt Cup 4oz
 Orange Juice 1/2 c
 Fresh Fruit 1/2 c
 Milk 8oz

Powdered Sugar Donut 3.2oz **3**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

WG Blueberry Bagel 1.9oz **4**
 Cream Cheese 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

Pop Tart 1.76oz **5**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Orange Juice 1/2 c
 Milk 8oz

NO SCHOOL **8**

WG Breakfast Bar 1.42oz **9**
 Yogurt Cup 4oz
 Orange Juice 1/2 c
 Fresh Fruit 1/2c
 Milk 8oz

Banana Loaf 2oz **10**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

Cinnamon Bun 2.25oz **11**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

WG Cereal Bowl **12**
 Fresh Fruit 1/2c
 Orange Juice 1/2 c
 Milk 8oz

WG Apple **15**
 Cinnamon Muffin 2oz
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Fresh Fruit 1/2 c
 Milk 8oz

WG Cereal **16**
 Breakfast Bar 1.42oz
 Yogurt Cup 1oz
 Orange Juice 1/2 c
 Fresh Fruit 1/2 c
 Milk

WG Bagel 1.9oz **17**
 Cream Cheese 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

WG Blueberry Bagel 1.9oz **18**
 Cream Cheese 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2c
 Milk 8oz

WG Cereal Bowl **19**
 Fresh Fruit 1/2c
 Orange Juice 1/2 c
 Milk 8oz

WG Cereal Bowl 1oz **22**
 Fresh Fruit 1/2 c
 Orange Juice 1/2 c
 Milk 8oz

Strawberry Cream **23**
 Cheese Bagel 2.43oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2c
 Milk 8oz

Chocolate Chip **24**
 Muffin Top 3.2oz
 Cheese Stick 1oz
 Fresh Fruit 1/2c
 Fruit Juice 1/2c
 Milk 8oz

WG Bagel 1.9oz **25**
 Cream Cheese 1oz
 Fresh Fruit 1/2c
 Fruit Juice 1/2c
 Milk 8oz

Pop Tart 1.76oz **26**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Orange Juice 1/2c
 Milk 8oz

WG Cereal Bowl 1oz **29**
 Fresh Fruit 1/2c
 Orange Juice 1/2 c
 Milk 8oz

Cinnamon Bun 2.25oz **30**
 Cheese Stick 1oz
 Fresh Fruit 1/2 c
 Fruit Juice 1/2 c
 Milk 8oz

