

APRIL

Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 1 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g | 2 WG Cereal Bar 30g Go-Gurt 8g Fruit Juice 20g Cal: 345 Sodium: 145mg Sugar: 48g | 3 Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg | 4 WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g | 5 WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g |
| 8 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g | 9 WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g | 10 Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg | 11 WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g | 12 WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g |
| 15 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g | 16 WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g | 17 Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg | 18 WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g | 19 WG Pastry 25g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g |
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| 29 WG Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 326 Sod: 270mg Sugars: 62g | 30 WG Cereal Bar 30g Go-Gurt 8g Applesauce 17g Fruit Juice 20g Cal: 445 Sodium: 185mg Sugar: 58g | | | Riverside/ MT Auburn |

Menus are subject to change due to availability of food or unplanned school closings.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510