Twinfield Union School

Elementary Breakfast in the classroom

BREAK	(FAST Me	nu	January-July 2020			
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	WG cereal String cheese Orange juice 1% white milk FF chocolate	WG zee zee breakfast bar Apple 1% white milk FF chocolate	WG bagel Cream cheese Orange juice 1% white milk FF chocolate	WG muffin Orange juice 1% white milk FF chocolate	WG breakfast round Plum 1% white milk FF chocolate	
2	WG cereal String cheese Orange juice 1% white milk FF chocolate	WG zee zee breakfast bar Apple 1% white milk FF chocolate	WG bagel Cream cheese Orange juice 1% white milk FF chocolate	WG muffin Orange juice 1% white milk FF chocolate	WG breakfast round Apple sauce 1% white milk FF chocolate	
3	WG cereal String cheese Orange juice 1% white milk FF chocolate	WG zee zee breakfast bar Apple 1% white milk FF chocolate	WG bagel Cream cheese Orange juice 1% white milk FF chocolate	WG muffin Orange juice 1% white milk FF chocolate	WG breakfast round Apple sauce 1% white milk FF chocolate	
4	WG cereal String cheese Orange juice 1% white milk FF chocolate	WG zee zee breakfast bar Apple !% white milk FF chocolate	WG bagel Cream cheese Orange juice 1% white milk FF chocolate	WG muffin Orange juice 1% white milk FF chocolate	WG breakfast round Apple sauce 1% white milk FF chocolate	

This institution is an equal opportunity provider. Menu is subject to change.

	January 2020					
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	June 2020						
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July 2020						
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		April 2020					
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Week 1 Meal Plan	
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Week 2 Meal Plar

Week 3 Meal Plan

Week 4 Meal Plan

^{1.2015-2020} Dietary Guidelines for Americans 2.USDA. MyPlate.gov. http://www.myplate.gov.