



1
Apple Frudel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

4
Maple Mini Waffle
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

5
Assorted General Mills Cereal
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6
Mini Strawberry Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

7
Assorted General Mills Cereal
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

8
Blueberry Muffin
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11
Cinnamon UBR
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12
Mini Strawberry Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13
Yogurt
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

14
Mini Confetti Pancakes
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15
Mini Cinnamon Rolls
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18
Pancake Wrap
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19
Benefit Bar
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20
Golden Graham Cereal Bar
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

21
Cinnamon Cream Cheese Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

22
Apple Cinnamon Muffin
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25
Chocolate UBR
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

26
Assorted General Mills Cereal
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

27
Cinnamon Cream Cheese Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

28
Assorted General Mills Cereal
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

29
Maple Mini waffle
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:
KEEP ACTIVE
+ WALK MORE
+ ALL DAY
= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**