

Unbound Academy Breakfast Charter School Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 G- 1.25oz -Assorted Cereal (WG)w/ M/MA- 2oz String Cheese F- 3oz Diced Pears M- 8oz -Low fat or skim milk	2 G - 2oz-Apple Cinnamon Muffin Yogurt w/ Graham Crackers F-3oz-Fresh Orange Wedges M-8oz-Low fat or skim milk	3 G-2oz-Cereal Bar (WG) w/ M/MA 2oz-String Cheese F-3oz-Fresh Banana M-8oz-Low fat or skim milk	4 G-1.25oz Assorted Cereal w/ G- 2oz-WG Bagel / Cream Cheese F-3oz Fresh Sliced Apples M-8oz-Low fat or skim milk	5 G-2.5oz WG Blueberry Muffin G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks M-8oz-Low fat or skim milk
8 G-2oz -WW Bagel/ Cream Cheese G – Graham Crackers F-3oz -Grapes M-8oz-Low fat or skim milk	9 G-2.5oz WG Blueberry Muffin G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks M-8oz-Low fat or skim milk	10 OR 3oz-Cereal Bar (WG) w/ M/MA-2oz-String Cheese F-3oz-Banana M-8oz-Low fat or skim milk	11 G-1.25oz (WG) Assorted Cereal w/ Yogurt Stick and Graham Crackers F-3oz-Peach Cup M-8oz-Low fat or skim milk	12 G-1.25oz-WG Assorted Cereal M/MA-2oz-String Cheese F-3oz-Fresh Orange Wedges M-8oz-Low fat or skim milk
15 G- 1.25oz -Assorted Cereal (WG)w/ M/MA- 2oz String Cheese F- 3oz Diced Pears M- 8oz -Low fat or skim milk	16 G - 2oz-Apple Cinnamon Muffin Yogurt w/ Graham Crackers F-3oz-Fresh Orange Wedges M-8oz-Low fat or skim milk	17 G-2oz-Cereal Bar (WG) w/ M/MA 2oz-String Cheese F-3oz-Fresh Banana M-8oz-Low fat or skim milk	18 G-1.25oz Assorted Cereal w/ G- 2oz-WG Bagel / Cream Cheese F-3oz Fresh Sliced Apples M-8oz-Low fat or skim milk	19 G-2.5oz WG Blueberry Muffin G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks M-8oz-Low fat or skim milk
22 G-2oz -WW Bagel/ Cream Cheese G – Graham Crackers F-3oz -Grapes M-8oz-Low fat or skim milk	23 G-2.5oz WG Blueberry Muffin G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks M-8oz-Low fat or skim milk	24 3oz-Cereal Bar (WG) w/ M/MA-2oz-String Cheese F-3oz-Banana M-8oz-Low fat or skim milk	25 G-1.25oz (WG) Assorted Cereal w/ Yogurt Stick and Graham Crackers F-3oz-Peach Cup M-8oz-Low fat or skim milk	26 G-1.25oz-WG Assorted Cereal M/MA-2oz-String Cheese F-3oz-Fresh Orange Wedges M-8oz-Low fat or skim milk

<p>27. G- 1.25oz -Assorted Cereal (WG)w/ M/MA- 2oz String Cheese F- 3oz Diced Pears M- 8oz -Low fat or skim milk</p>	<p>28. G - 2oz-Apple Cinnamon Muffin Yogurt w/ Graham Crackers F-3oz-Fresh Orange Wedges M-8oz-Low fat or skim milk</p>	<p>29 G-2oz-Cereal Bar (WG) w/ M/MA 2oz-String Cheese F-3oz-Fresh Banana M-8oz-Low fat or skim milk</p>	<p>30. G-1.25oz Assorted Cereal w/ G- 2oz-WG Bagel / Cream Cheese F-3oz Fresh Sliced Apples M-8oz-Low fat or skim milk</p>	
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