

# FRIEL Breakfast/Snack



Dawn Pully 810-591-2148  
Food Service Director

Kitchen  
West 810-591-8586

## BREAKFAST Menu 2018-19 School Year

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<i>Bagel w/Cream Cheese Applesauce Milk</i> <b>SNACK</b> Cucumbers w/ Veggie Dip Apple Juice	<i>Kix Cereal Mixed Fruit Milk</i> <b>SNACK</b> Chips & Salsa Fruit Punch	<i>Raspberry Yogurt Grapes Milk</i> <b>SNACK</b> Cottage Cheese Orange Juice	<i>Corn Flakes Banana Milk</i> <b>SNACK</b> Peanut Butter Wrap Mixed Juice	<i>½ Banana Bread Apple Slices Apple Juice Milk</i> <b>SNACK</b> Carrots w/Veggie Dip Straw/Kiwi Juice
<b>2</b>	<i>Banana Nut Muffin Applesauce Milk</i> <b>SNACK</b> Sweet Pepper Slice w/Veggie Dip Apple Juice	<i>Frosted Mini Wheat Pears Milk</i> <b>SNACK</b> Goldfish Crackers Fruit Punch	<i>Strawberry Yogurt Grapes Milk</i> <b>SNACK</b> Go-Gurt Orange Juice	<i>Rice Chex Banana Milk</i> <b>SNACK</b> Strawberry Shortcake Mixed Juice	<i>Choc Chip Muffin Apple Slices Milk</i> <b>SNACK</b> Cheez-Its Straw/Kiwi Juice
<b>3</b>	<i>Apple Cranberry Muffin Applesauce Milk</i> <b>SNACK</b> Tomatoes w/Veggie Dip Apple Juice	<i>Special K Cereal Peaches Milk</i> <b>SNACK</b> Wheat Thins Peanut Butter Fruit Punch	<i>Strawberry Bagel Grapes Milk</i> <b>SNACK</b> Cheese Cubes Orange Juice	<i>Cheerios Banana Milk</i> <b>SNACK</b> Banana Pop Mixed Juice	<i>½ Wild Berry Bread Apple Slices Milk</i> <b>SNACK</b> Apple Slices Peanut Butter Straw/Kiwi Juice
<b>4</b>	<i>Bagel w/Cream Cheese Applesauce Milk</i> <b>SNACK</b> Carrots w/Veggie Dip Apple Juice	<i>Rice Krispies Strawberries Milk</i> <b>SNACK</b> Rainbow Goldfish Fruit Punch	<i>Yogurt Mixed Berries Milk</i> <b>SNACK</b> Cottage Cheese Orange Juice	<i>Corn Flakes Banana Milk</i> <b>SNACK</b> Peanut Butter Wrap Mixed Juice	<i>½ Banana Bread Apple Slices Milk</i> <b>SNACK</b> Mozz. Cheese Stick Straw/Kiwi Juice
<b>5</b>	<i>Blueberry Muffin Applesauce Milk</i> <b>SNACK</b> Broccoli w/Veggie Dip Apple Juice	<i>Frosted Mini wheat Mandarin Oranges Milk</i> <b>SNACK</b> Cheez-Its Fruit Punch	<i>Cherry Yogurt Grapes Milk</i> <b>SNACK</b> Strawberry Shortcake Orange Juice	<i>Rice Chex Banana Milk</i> <b>SNACK</b> Go-Gurt Mixed Juice	<i>Banana Muffin Apple Slices Milk</i> <b>SNACK</b> Goldfish Crackers Straw/Kiwi Juice
<b>6</b>	<i>Choc Choc Muffin Applesauce Milk</i> <b>SNACK</b> Celery w/Veggie Dip Apple Juice	<i>Special K Cereal Blueberries Milk</i> <b>SNACK</b> Veggie Wheat Thins Fruit Punch	<i>Cinnamon Bagel Grapes Milk</i> <b>SNACK</b> Cheese Stick Orange Juice	<i>Cheerios Banana Milk</i> <b>SNACK</b> Banana Pop Mixed Juice	<i>½ Berry Bread Apple Slices</i> <b>SNACK</b> Applesauce w/Scooby Grahams

MENU SUBJECT TO CHANGE

**MEALS ARE FREE FOR EVERYONE**

GSRP Mon- Thurs  
FECC Mon- Fri

**Homecoming Lunch 9-28**  
Bendle Burger  
Devil Dog  
Chips & Cookie  
Baked Beans  
Watermelon & Milk

**Thanksgiving Dinner 11-15**  
Turkey, Mashed Potatoes, Corn, Gravy, Stuffing, Yams, Cranberries, Roll, Dessert and Milk

**Christmas Dinner 12-18**  
Ham, Mashed Potatoes, Corn, Gravy, Stuffing, Yams, Roll, Cranberries, Desserts & Milk

**Easter Dinner 4-18**  
Chicken Drumstick, Mashed Potatoes, Corn, Gravy, Stuffing, Yams, Roll, Cranberries, Desserts & Milk

**Low-Fat White Milk Available Daily**

September 2018							October 2018							November 2018							December 2018							January 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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9	10	11	12	13	14	15	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
16	17	18	19	20	21	22	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
23	24	25	26	27	28	29	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
30							28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	31			

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6

February 2019							March 2019							April 2019							May 2019							June 2019							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
					1	2						1	2			1	2	3	4	5	6				1	2	3	4							1
3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
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17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25								
24	25	26	27	28			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31									

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