



CHARTER COLD BREAKFAST MENU - AUGUST 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JUICE		BANANA		APPLE		BANANA		APPLE	
				1		2		3	
				FROSTED SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	DOUBLE CHOCOLATE MUFFIN FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 8 FL OZ	MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ
6		7		8		9		10	
BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 (3.15 OZ) 1 PACK 8 FL OZ 8 FL OZ	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 1 8 FL OZ	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	1 (3.6 OZ) 1 8 FL OZ	HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ
13		14		15		16		17	
CINNAMON BUN FRUIT 1% OR FAT FREE MILK	1 (2.7 OZ) 8 FL OZ 8 FL OZ	CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	1 (3.6 OZ) 1 8 FL OZ	BLUEBERRY SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 1 8 FL OZ	BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 (3.15 OZ) 1 PACK 1 8 FL OZ
20		21		22		23		24	
DOUBLE CHOCOLATE MUFFIN FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 8 FL OZ 8 FL OZ	MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	1 (3.6 OZ) 1 8 FL OZ	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 1 8 FL OZ	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ
27		28		29		30		31	
CINNAMON TOASTERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 8 FL OZ 8 FL OZ	DOUBLE CHOCOLATE MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 (3.15 OZ) 1 1 8 FL OZ	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	1 (3 OZ) 1 OZ 1 8 FL OZ	BLUEBERRY SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	1 CUP 1 PACK 1 8 FL OZ	CINNAMON BUN FRUIT 1% OR FAT FREE MILK	1 (2.7 OZ) 1 8 FL OZ

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