

Weston Prep Academy Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
Lucky Charms(23) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 418:415:76 2	Breakfast Nutrition Bar(38) Orange Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13) 506:240:96 3	WG Bagel(29) Fresh Apple(19) 1% or FF White Milk(13) 498:470:61 4	WG Double Chocolate Chip Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 555:350:98 5	Golden Grahams(24) Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 496:435:90 6
Breakfast Nutrition Bar(40) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) 536:235:96 9	Cocoa Puffs Cereal(25) Giant Cinnamon Goldfish(21) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13) 526:420:104 10	Dannon Nonfat Creamy Yogurt (14) WG Granola Pack (20) Fresh Apple(19) 1% or FF White Milk(13) 368:265:66 11	Frosted Corn Flakes(24) Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 475:435:95 12	Breakfast Nutrition Bar(38) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 466:215:85 13
Cinnamon Toast Crunch Cereal(22) Mini Vanilla Wafers(19) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) 526:375:97 16	Breakfast Nutrition Bar(40) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13) 546:260:98 17	Honey Wheat Bagel with Jam (43) Fresh Apple(19) 1% or FF White Milk(13) 383:265:75 18	WG Banana Muffin(31) Giant Cinnamon Goldfish(21) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 585:345:103 19	Trix Cereal(24) Animal Grahams(20) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 476:385:91 20
Lucky Charms(23) Mini Vanilla Wafers(19) Craisins(28) Orange Juice(15) 1% or FF White Milk(13) 526:395:98 23	Breakfast Nutrition Bar(38) Apple Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13) 506:240:96 24	Dannon Nonfat Creamy Yogurt (14) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 378:295:67 25	WG Banana Muffin(31) Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% or FF White Milk(13) 575:355:102 26	Golden Grahams(24) Mini Vanilla Wafers(19) Apple Juice(15) Fresh Orange(19) 1% or FF White Milk(13) 496:435:90 27
Lucky Charms(23) Giant Cinnamon Goldfish(21) Fresh Apple(19) 1% or FF White Milk(13) 418:415:76 30	Breakfast Nutrition Bar(38) Orange Juice(15) Zee Zee Mixzee Dried Fruit (30) 1% or FF White Milk(13) Happy Halloween! 506:240:96 31			



Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:489 AvgSod(mg):340 AvgCarbs(g):88
 "or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.
****Menu Subject to Change****
 This institution is an equal opportunity provider.

