



August 2026

12:50:14 PM

Friday, June 12, 2026

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Forgotten Harvest SFSP Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Crunch Bar - WG Variety (43) Applesauce Milk Choice 8oz (13-20) Spork Kit	4 Apple Frudel WG(38) (38) Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit	5 Bagels Mini, Cinnamon WG (42) Banana 1 ea (34) Milk Choice 8oz (13-20) Spork Kit	6 Benefit Breakfast Bar WG (48) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) Spork Kit	7 French Toast Mini- Cinnamon Juice 100% B- 4oz (15) Milk Choice 8oz (13-20) Spork Kit
10 Cereal Bar WG (30) Applesauce Milk Choice 8oz (13-20) Spork Kit	11 Apple-Cinn Loaf 2oz WG IW Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit	12 Texas Toast Cinn. WG (44) Banana 1 ea (34) Milk Choice 8oz (13-20) Spork Kit	13 Snack n Waffle WG (37) (37) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) Spork Kit	14 Cinn Roll WG (30) Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit
17 Crunch Bar - WG Variety (43) Applesauce Milk Choice 8oz (13-20) Spork Kit	18 Mini Cini -(Cold)WG (41) (40) Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit	19 Breakfast Bread Slice WG IW (15) Banana 1 ea (34) Milk Choice 8oz (13-20) Spork Kit	20 Crescent, Grape Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) Spork Kit	21 Zee Zee Bar Juice 100% B- 4oz (15) Milk Choice 8oz (13-20) Spork Kit
24 Belvita Biscuits WG (21) Applesauce Milk Choice 8oz (13-20) Spork Kit	25 Soft Filled Bread WG (41) Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit	26 Mini Pancakes WG (42) (42) Banana 1 ea (34) Milk Choice 8oz (13-20) Spork Kit	27 Snack n Waffle WG (37) (37) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz (13-20) Spork Kit	28 Strawberry Loaf WG IW (29) (25) Fresh Fruit (22) Milk Choice 8oz (13-20) Spork Kit
31 Crunch Bar - WG Variety (43) Applesauce Milk Choice 8oz (13-20) Spork Kit				

Carb Counts
included in
parenthesis ()
for each item

* Carb counts are estimated
based on nutrition labels from
the manufacturer and USDA
data

Milk Carbs:
Fat Free White Milk 1/2 Pint
(Purple)(12)

*(V) indicates a vegetarian
entree

This institution is an
equal opportunity
provider.