



# unbottled.

## *K-8 Winter Seasonal Cycle Breakfast Menu*

| Week 1                  | Menu 1                                      | Menu 2                                         | Menu 3                                       | Menu 4                                 | Menu 5                                     |
|-------------------------|---------------------------------------------|------------------------------------------------|----------------------------------------------|----------------------------------------|--------------------------------------------|
| <b>Option 1 Grain</b>   | Pretzel Breakfast Roll K-8 with 4 oz Yogurt | Cinnamon Glazed French Toast Sticks            | Cheesy Roasted Veg Hash & Toast 1 tsp butter | Blueberry Muffin 1 oz and 4 oz Yogurt  | Fruity Cherrios Cereal Bar and 4 oz Yogurt |
| <b>Option 2 Grain</b>   | 1 oz Cold Cereal and 4 oz Yogurt            | 1 oz Cold Cereal and 4 oz Yogurt               | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt       | 1 oz Cold Cereal and 4 oz Yogurt           |
| <b>½ cup each Fruit</b> | Fresh Apple Slices/C: Apricots, diced       | Fresh or Dried Cherrios/F: Mixed Berries, Cups | Fresh Strawberries, sliced/C: Pears, diced   | Fresh Honeydew Melon, diced/I: Raisins | Fresh Berries/C: Peaches, diced            |
| <b>Milk</b>             | *variety                                    | *variety                                       | *variety                                     | *variety                               | *variety                                   |
| Week 2                  | Menu 6                                      | Menu 7                                         | Menu 8                                       | Menu 9                                 | Menu 10                                    |
| <b>Option 1 Grain</b>   | Cheesy Ham Potato Bowl                      | Maple Madness Waffles                          | Strawberry-Pear Banana Split                 | Breakfast Scramble in Tortilla         | Cherry Blossom Yogurt Bread                |
| <b>Option 2 Grain</b>   | 1 oz Cold Cereal and 4 oz Yogurt            | 1 oz Cold Cereal and 4 oz Yogurt               | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt       | 1 oz Cold Cereal and 4 oz Yogurt           |
| <b>½ cup each Fruit</b> | Fresh Pear/I: Cranberries, dried            | Fresh Watermelon, diced/F: Blueberries         | Fresh Peaches/I: Applesauce Cups             | Fresh Grapes/Orange, fresh             | Fresh Cantaloupes, diced/F/I: Strawberries |



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## 9-12 Winter Seasonal Cycle Breakfast Menu

| Week 1                  | Menu 1                                       | Menu 2                                              | Menu 3                                       | Menu 4                                 | Menu 5                                     |
|-------------------------|----------------------------------------------|-----------------------------------------------------|----------------------------------------------|----------------------------------------|--------------------------------------------|
| <b>Option 1 Grain</b>   | Pretzel Breakfast Roll 9-12 with 4 oz Yogurt | Cinnamon Glazed French Toast Sticks and 4 oz Yogurt | Cheesy Roasted Veg Hash & Toast 1 tsp butter | Blueberry Muffin 1 oz and 4 oz Yogurt  | Fruity Cherrios Cereal Bar and 4 oz Yogurt |
| <b>Option 2 Grain</b>   | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt                    | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt       | 1 oz Cold Cereal and 4 oz Yogurt           |
| <b>½ cup each Fruit</b> | Fresh Apple Slices/C: Apricots, diced        | Fresh or Dried Cherrios/F: Mixed Berries, Cups      | Fresh Strawberries, sliced/C: Pears, diced   | Fresh Honeydew Melon, diced/I: Raisins | Fresh Berries/C: Peaches, diced            |
| <b>Milk</b>             | *variety                                     | *variety                                            | *variety                                     | *variety                               | *variety                                   |
| Week 2                  | Menu 6                                       | Menu 7                                              | Menu 8                                       | Menu 9                                 | Menu 10                                    |
| <b>Option 1 Grain</b>   | Cheesy Ham Potato Bowl                       | Maple Madness Waffles and 4 oz Yogurt               | Strawberry-Pear Banana Split                 | Breakfast Scramble in Tortilla         | Cherry Blossom Yogurt Bread                |
| <b>Option 2 Grain</b>   | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt                    | 1 oz Cold Cereal and 4 oz Yogurt             | 1 oz Cold Cereal and 4 oz Yogurt       | 1 oz Cold Cereal and 4 oz Yogurt           |
| <b>½ cup each Fruit</b> | Fresh Pear/I: Cranberries, dried             | Fresh Watermelon, diced/F: Blueberries              | Fresh Peaches/I: Applesauce Cups             | Fresh Grapes/Orange, fresh             | Fresh Cantaloupes, diced/F/I: Strawberries |

The logo for 'unbottled.' features the word 'unbottled' in a stylized, lowercase font. The 'un' is in a vibrant pink color, while 'bottled' is in a bright blue. A small, solid blue period follows the word. The background of the entire page is a light blue with a pattern of vertical bars of varying heights. A large, wavy graphic element in shades of blue and pink curves across the middle of the page, separating the logo from the menu title.

## K-8 SPRING SEASONAL CYCLE BREAKFAST MENU

| Week 1                  | Menu 1                                   | Menu 2                                      | Menu 3                                | Menu 4                               | Menu 5                            |
|-------------------------|------------------------------------------|---------------------------------------------|---------------------------------------|--------------------------------------|-----------------------------------|
| <b>Option 1 Grain</b>   | Cheesy Zucchini Sausage Bread            | Strawberry Splash Pancakes & 4 oz yogurt    | Lemon Blueberry CC Bagel              | Oatmeal Choc Chip BeneFIT 1 oz       | Uncrustable                       |
| <b>Option 2 Grain</b>   | 1 oz cold cereal & 4 oz yogurt           | 1 oz cold cereal & 4 oz yogurt              | 1 oz cold cereal & 4 oz yogurt        | 1 oz cold cereal & 4 oz yogurt       | 1 oz cold cereal & 4 oz yogurt    |
| <b>½ cup each Fruit</b> | D: Fruit Mix/C: Pears, diced             | Fresh Bananas/C: Peaches, sliced            | Fresh Apple Slices/C: Apricots, diced | F: Strawberries, sliced/I: Raisins   | C: Mixed Fruit/F: Blueberries     |
| <b>Milk</b>             | *variety                                 | *variety                                    | *variety                              | *variety                             | *variety                          |
| Week 2                  | Menu 6                                   | Menu 7                                      | Menu 8                                | Menu 9                               | Menu 10                           |
| <b>Option 1 Grain</b>   | Strawberries & Cream Overnight Oats      | Cinnamon Creamy Cheese Bagels & 4 oz yogurt | Variety of Flatbreads                 | WG Biscuit & 1 tsp butter            | Cheese-A-Peachalicious Quesadilla |
| <b>Option 2 Grain</b>   | 1 oz cold cereal & 4 oz yogurt           | 1 oz cold cereal & 4 oz yogurt              | 1 oz cold cereal & 4 oz yogurt        | 1 oz cold cereal & 4 oz yogurt       | 1 oz cold cereal & 4 oz yogurt    |
| <b>½ cup each Fruit</b> | C: Peached, sliced/I: Cranberries, dried | Fresh orange/I: Applesauce Cups             | Fresh Grapes/F: Mixed Berries, cups   | Fresh Apple Slices/F/I: Strawberries | Dried Cherries/C: Pear Slices     |

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## 9-12 SPRING SEASONAL CYCLE BREAKFAST MENU

| Week 1           | Menu 1                                   | Menu 2                                      | Menu 3                                | Menu 4                                       | Menu 5                            |
|------------------|------------------------------------------|---------------------------------------------|---------------------------------------|----------------------------------------------|-----------------------------------|
| Option 1 Grain   | Cheesy Zucchini Sausage Bread            | Strawberry Splash Pancakes & 4 oz yogurt    | Lemon Blueberry CC Bagel              | Oatmeal Choc Chip BeneFIT 1 oz & 4 oz yogurt | Uncrustable                       |
| Option 2 Grain   | 1 oz cold cereal & 4 oz yogurt           | 1 oz cold cereal & 4 oz yogurt              | 1 oz cold cereal & 4 oz yogurt        | 1 oz cold cereal & 4 oz yogurt               | 1 oz cold cereal & 4 oz yogurt    |
| ½ cup each Fruit | D: Fruit Mix/C: Pears, diced             | Fresh Bananas/C: Peaches, sliced            | Fresh Apple Slices/C: Apricots, diced | F: Strawberries, sliced/I: Raisins           | C: Mixed Fruit/F: Blueberries     |
| Milk             | *variety                                 | *variety                                    | *variety                              | *variety                                     | *variety                          |
| Week 2           | Menu 6                                   | Menu 7                                      | Menu 8                                | Menu 9                                       | Menu 10                           |
| Option 1 Grain   | Strawberries & Cream Overnight Oats      | Cinnamon Creamy Cheese Bagels & 4 oz yogurt | Variety of Flatbreads                 | WG Biscuit & 1 tsp butter & 4 oz yogurt      | Cheese-A-Peachalicious Quesadilla |
| Option 2 Grain   | 1 oz cold cereal & 4 oz yogurt           | 1 oz cold cereal & 4 oz yogurt              | 1 oz cold cereal & 4 oz yogurt        | 1 oz cold cereal & 4 oz yogurt               | 1 oz cold cereal & 4 oz yogurt    |
| ½ cup each Fruit | C: Peached, sliced/I: Cranberries, dried | Fresh orange/I: Apple sauce, Canned         | Fresh Grapes/F: Mixed Berries, frozen | Fresh Apple Slices/F/I: Strawberries         | Dried Cherries/C: Pear Slices     |