

Breakfast ~ 2018-2019



6-12 Grade ~ Middle School & High School 2018-2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	saturday
Offered Daily:	WG Bagel	WG English Muffin	WG Bagel	WG Bagel	WG Poptart (1)	<i>Weekly Total</i> 10 to 17 oz-Grain 5 cups-Fruit 2 oz-Meat/alt. 5 cup-Milk
WG Cereal (2)	4 oz-G	& 2-Cereal Bars	4 oz-G	4 oz-G	2 oz-G	
Or	Or	3oz-G	or	or	or	
Cereal Bars	Homemade Muffin (2)	or	WG Cinnamon Bun	Homemade Muffin (2)	Assorted Breads	
(2)	2 oz-G	Homemade Bread (2)	2 oz-G	2 oz-G	2 oz-G	
Or	Fruit Juice	2 oz-G	Cheese Sticks	Fruit Juice	Chilled Fruit	
Hot Oatmeal	1/2 c-F	Fresh Fruit	2 oz-Mm	1/2 c-F	1/2 c-F	
(1 pkt)	Raisins	1/2 c-F	Chilled Fruit	Chilled Fruit	Fruit Juice	
	1/2 c-F	Fruit Juice	1/2 oz-F	1/2 c-F	1/2 c-F	
	Milk	1/2 c-F	Fruit Juice	Milk	Milk	
		Milk	1/2 oz-F			
			Milk			



This is the Breakfast menu for each day of the week !

Come right to the Serving Line when you come to school and get Breakfast!

\$.25 Reduced

\$1.30 Full Price

