

# Breakfast Menu

| Monday                                                                                      | Tuesday                                                                                     | Wednesday                                                                                   | Thursday                                                                                    | Friday                                                                                      |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 8/21/17                                                                                     | 8/22/17                                                                                     | 8/23/17                                                                                     | 8/24/17                                                                                     | 8/25/17                                                                                     |
| <b>WELCOME</b>                                                                              | <b>BACK</b>                                                                                 | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| 8/28/17                                                                                     | 8/29/17                                                                                     | 8/30/17                                                                                     | 8/31/17                                                                                     | 9/1/17                                                                                      |
| <b>WG DONUT<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>             | <b>BREAKFAST SANDWICH<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| 9/4/17                                                                                      | 9/5/17                                                                                      | 9/6/17                                                                                      | 9/7/17                                                                                      | 9/8/17                                                                                      |
| <b>LABOR DAY<br/>SCHOOL<br/>CLOSED</b>                                                      | <b>BREAKFAST SANDWICH<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
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| 9/11/17                                                                                     | 9/12/17                                                                                     | 9/13/17                                                                                     | 9/14/17                                                                                     | 9/15/17                                                                                     |
| <b>WG DONUT<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>             | <b>BREAKFAST SANDWICH<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
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| 9/18/17                                                                                     | 9/19/17                                                                                     | 9/20/17                                                                                     | 9/21/17                                                                                     | 9/22/17                                                                                     |
| <b>WG DONUT<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>             | <b>BREAKFAST SANDWICH<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
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| 9/25/17                                                                                     | 9/26/17                                                                                     | 9/27/17                                                                                     | 9/28/17                                                                                     | 9/29/17                                                                                     |
| <b>WG DONUT<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>             | <b>BREAKFAST SANDWICH<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>BREAKFAST PIZZA<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>      | <b>PANACKE ON A STICK<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>   | <b>DUTCH WAFFLE<br/>TRIX YOGURT<br/>or<br/>ASSORTED CEREAL<br/>WITH MUFFIN LOAF</b>         |
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## OTHER BREAKFAST OPTIONS

MAY INCLUDE:

**WG DONUTS**  
**PANCAKE ON A STICK**  
**MINI LOAF**  
**WG BAGEL**

**BREAKFAST SANDWICH**  
**DUTCH WAFFLE**



## What is a BREAKFAST?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein  
 Choice of fruit or vegetable  
 (must take at least a 1/2 cup)  
 and  
 Choice of Milk  
 Choice of Milk - 1% white, fat-free  
 white, chocolate, vanilla and  
 strawberry

You must take at least 1/2 cup of fruit or vegetable!

## Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apple, bananas, pear, orange  
 (1/2 cup MUST be taken w/meal)

## WG Reduced Sugar Cereal Selection May Include:

**Cinnamon Toast Crunch**  
**Trix**  
**Cocoa Puffs**  
**Lucky Charms**  
**Cheerios**



**Student Paid Breakfast \$1.60**

**Student Reduced Breakfast \$0.30**

**Adult Breakfast \$2.10**