

BREAKFAST

Winter/Spring 2019

WEEK 1														
Monday	K-8	9-12	Tuesday	K-8	9-12	Wednesday	K-8	9-12	Thursday	K-8	9-12	Friday	K-8	9-12
Blueberry Muffin	2 oz	2 oz	Mini Cinni	2 oz	2 oz	Whole Wheat Bagel	2 oz	2 oz	Whole Wheat Toast	1slice	2slice	Oatmeal	1 ea	1 ea
Assorted Cereal	tbls	tbls	Hard Boiled Egg	1 ea	2 ea	w/Cream Cheese	4 oz	4 oz	Hard Boiled Egg	1 ea	2 ea	Assorted Cereal	1 bx	1 bx
Assorted Yogurt	1 bx.	1 bx.	Banana	1ea.	1ea.	Assorted Yogurt	1 ea	1 ea	Pears	1 ea	1 ea	Assorted Yogurt	4 oz	4 oz
Fresh Orange	4 oz	4 oz	Assorted Juice	4 oz	4 oz	Fresh Apple	4 oz	4 oz	Assorted Juice	4 oz	4 oz	Fruit Cocktail	4 oz	4 oz
Assorted Juice	1 ea.	1 ea.	Assorted Milk	8 oz	8 oz	Assorted Juice	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4 oz	4 oz
Assorted Milk	4 oz	4 oz				Assorted Milk						Assorted Milk	8 oz	8 oz
	8 oz	8 oz												
WEEK 2														
Monday	K-8	9-12	Tuesday	K-8	9-12	Wednesday	K-8	9-12	Thursday	K-8	9-12	Friday	K-8	9-12
Cherry Frudel	2 oz	2 oz	WG Maple Waffles	1 pk	1 pk	Egg and Ch. Wrap	3 oz	3 oz	Apple Muffin	2 oz	2 oz	Cinnamon Bagelful	1 ea	1 ea
Assorted Cereal	1 bx	1 bx	Hard Boiled Egg	1 ea	2 ea	Assorted Yogurt	4 oz	4 oz	Hard Boiled Egg	1 ea	2 ea	Assorted Yogurt	4 oz	4 oz
Assorted Yogurt	4 oz	4 oz	Banana	1 ea	1 ea	Fresh Apple	1 ea	1 ea	Pears	1 ea	1 ea	Raisins	1 bx	1 bx
Fresh Orange	1 ea.	1 ea.	Assorted Juices	4 oz	4 oz	Assorted Juices	4 oz	4 oz	Assorted Juices	4 oz	4 oz	Assorted Juices	4 oz	4 oz
Assorted Juices	4 oz	4 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz
Assorted Milk	8 oz	8 oz												
WEEK 3														
Monday	K-8	9-12	Tuesday	K-8	9-12	Wednesday	K-8	9-12	Thursday	K-8	9-12	Friday	K-8	9-12
Cinnamon Roll	2.8oz	2.8oz	Strawberry Pancakes	1 pk	1 pk	Cheddar Ch. Omelet	3 oz	3 oz	English Muffin	2 oz	2 oz	Banana Muffin	2 oz	2 oz
Assorted Yogurt	4 oz	4 oz	Hard Boiled Egg	1 ea	2 ea	Whole Wheat Toast	1slice	2slice	Apple Butter	2tblsp	2tblsp	Assorted Yogurt	4 oz	4 oz
Fresh Orange	1 ea.	1 ea.	Banana	1ea.	1ea.	Assorted Yogurt	4 oz	4 oz	Hard Boiled Egg	1 ea	2 ea	Raisins	1 bx	1 bx
Assorted Juice	4 oz	4 oz	Assorted Juice	4 oz	4 oz	Fresh Apple	1 ea	1 ea	Pears	1 ea	1 ea	Assorted Juice	4 oz	4 oz
Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4 oz	4 oz	Assorted Juice	4 oz	4 oz	Assorted Milk	8 oz	8 oz
						Assorted Milk	8 oz	8 oz	Assorted Milk	8 oz	8 oz			
WEEK 4														
Monday	K-8	9-12	Tuesday	K-8	9-12	Wednesday	K-8	9-12	Thursday	K-8	9-12	Friday	K-8	9-12
Straw. Nutrigrain Bar	1 ea.	1 ea.	Breakfast Bun	3 oz	3 oz	Oatmeal	1 pk	1 pk	Plain Omelet	3 oz	3 oz	WG English Muffin	2 oz	2 oz
Assorted Cereal	1 bx.	1 bx.	Hard Boiled Egg	1 ea	2 ea	Assorted Yogurt	4 oz	4 oz	Whole Wheat Toast	2slice	2 slic	Turkey Sausage		
Assorted Yogurt	4 oz	4 oz	Banana	1 ea	1 ea	Orange Muffin	2 oz	2 oz	Pears	1 ea	1 ea	Assorted Yogurt	4 oz	4 oz
Fresh Orange	1 ea.	1 ea.	Assorted Juice	4 oz	4 oz	Fruit Cocktail	4 oz	4 oz	Assorted Juice	4 oz	4 oz	Raisins	1 bx	1 bx
Assorted Juice	4 oz	4 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4 oz	4 oz	Assorted Milk	8 oz	8 oz	Assorted Juice	4 oz	4 oz
Assorted Milk	8 oz	8 oz				Assorted Milk	8 oz	8 oz				Assorted Milk	8 oz	8 oz

The following items are also available as ala-cart

ALL BREAKFASTS

- Oatmeal - three or four varieties of cold cereal
- Assorted juices

ALL MEALS

- 1%, Skim, and FF Chocolate Milk
- Peanut butter, applesauce, , regular and sugar free jelly
- Assorted Fresh Fruits and Canned Fruits

ALL THE ABOVE ITEMS ARE OFFERED TO COMPLETE THE APPROPRIATE DIETS FOR WELL-BALANCED MEALS. If there is a question about a student's diet, please ask for an explanation. The Nutrition Department has folders for each student.

When you make selection of food for the student, please keep in mind the students' diet. *In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.*