

BREAKFAST

FEBRUARY 2019

ELEMENTARY SCHOOL

Breakfast the MOST important Meal of the day!!
Our High School - Offers Delicious Breakfast Items Daily, Come on In!!

Monday

Tuesday

Wednesday

Thursday

Friday



4
WG Blueberry Muffin 100% Fruit Juice Assorted Fruit Low Fat free Milk

5
Egg, Sausage & Cheese on Bagel 100% Fruit Juice Assorted Fruit Low Fat free Milk

6
WG Mini Pancakes, Maple 100% Fruit Juice Assorted Fruit Low Fat free Milk

7
WG Cereal, Yogurt, 4oz 100% Fruit Juice Assorted Fruit Low Fat free Milk

1
WG Cinnamon Roll 100% Fruit Juice Assorted Fruit Low Fat free Milk

8
WG Apple Roll 100% Fruit Juice Assorted Fruit Low Fat Free Milk

11
WG Apple Cinnamon Muffin 100% Fruit Juice Assorted Fruit Low Fat free Milk

12
WG Mini Waffles 100% Fruit Juice Assorted Fruit Low Fat Free Milk

13
Egg, Sausage & Cheese on Bagel 100% Fruit Juice Assorted Fruit Low Fat free Milk

14
WG Banana Nut Bread 100% Fruit Juice Assorted Fruit Low Fat free Milk

15
WG Cereal Yogurt, 4oz 100% Fruit Juice Assorted Fruit Low Fat free Milk

18
President's Day
No School

19
No School

20
No School

21
WW Bagel w/cream cheese 100% Fruit Juice Assorted Fruit Low Fat Free Milk

22
WG Cereal Yogurt, 4oz 100% Fruit Juice Assorted Fruit Low Fat free Milk

25
WG Double Choc Muffin 100% Fruit Juice Assorted Fruit Low Fat free Milk

26
WG Mini Pancakes, Maple 100% Fruit Juice Assorted Fruit Low Fat free Milk

27
Egg, Sausage & Cheese on Bagel 100% Fruit Juice Assorted Fruit Low Fat free Milk

28
WG Banana Nut Bread 100% Fruit Juice Assorted Fruit Low Fat free Milk



FULL PRICE \$1.50
REDUCED PRICE \$.30

ALL MEALS INCLUDE 1 CUP OF FRUIT
100% FRUIT JUICE OFFERED DAILY

MENUS SUBJECT TO CHANGE

*This institution is an equal opportunity provider

TO PAY ON LINE: WWW.MYPAYMENTSPLUS.COM

Lunch

FEBRUARY 2019 ELEMENTARY SCHOOL

ALTERNATE LUNCH AVAILABLE DAILY:
Salad Plate with any 2 Proteins (1 oz. Meat, 1 oz. Cheese or 4 oz. Yogurt) Low Fat Milk or Fat Free Milk Included with all Meals

Monday

Tuesday

Wednesday

Thursday

Friday



1
WG Cheese or Veggie Pizza
Caesar Salad
Carrot Sticks
Mac Apple

4
Mozzarella Sticks ,w/Marinara Sauce Corn Muffin, Caesar Salad, Celery Cups w/ Ranch Dressing , Granny Smith Apple

5
Chinese New Year General Tso Chicken Over Brown Rice Steamed Oriental Veggies Grape Tomato Cups Fruit Cocktail Cups

6
WG Hamburger on Whole Wheat Bun Baked Sweet Potato Tots Steamed Green Beans Cucumber Cups Diced Peaches

7
WG Chicken Nuggets Baked French Fries Steamed Broccoli Dinner Roll Carrot Sticks Fresh Apple Slices

8
Sal's Pizza
Cheese or Pepperoni Garden Toss Salad Cauliflower Cups Diced Pears

11
WG PASTA w/Meat Sauce WG Breadsticks Leafy Green Salad Fresh Mac Apple

12
WG Chicken Drumsticks Mashed Potatoes Steamed Carrots Dinner Roll Diced Peaches

13
Grilled WG Beef Hot Dog Wrapped in a WG Breadstick Baked Beans Cauliflower Cups Fresh Oranges

14
chicken Patty on a WG Bun w/ Lettuce, Tomato, Baked French Fries Broccoli Cups Granny Smith Apple

15
wG Cheese or Veggie Pizza Spinach Salad Cucumber Cups Side Kicks

18
PRESIDENT'S DAY
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

21
WG Popcorn Chicken Baked Sweet Potato Fries Steamed Broccoli Garlic Toast Cucumber Cups Fresh Oranges

22
Sal's Pizza
Cheese or Pepperoni Caesar Salad Red Pepper Cups Fresh Pear

25
WG Chicken Tenders Baked Potato Smiles Honey Wheat Biscuit Baked Steamed Green Beans

26
Nachos Seasoned Beef W/Tomatoes, Lettuce, Salsa, Melted Cheese Over WG Nacho Chips Carrot Sticks w/hummus Fresh Oranges

27
Baked Mac & Cheese Garlic Knots Steamed Broccoli Caesar Salad Fresh Pear

28
National Chili Day
Chili served in a Cornbread Bowl Shredded Cheese Sour Cream Celery Sticks Mac Apple



Full Price \$2.70
Reduce Price \$.40

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Hummus is offered daily
All Meals include a 1/2 cup of fruit and 3/4 cup of vegetables

American frontier settlers used a "chili" recipe of dried beef, suet, dried chili peppers and salt, which was all pounded together, formed into bricks and dried. The bricks could then be boiled in pots on the trails.

Breakfast is @ 8:30 Stop by For Healthy Choices