

# BREAKFAST MENU - MIDDLE-HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 6th - 10th</b>				
<b>MAIN ENTREE</b>				
Yogurt Parfait w/WG Blueberry Bread	Stuffed Bagel - Cinnamon	Lemon Bread w/ Strawberry Topping	Cosmin Confetti Waffle	Sausage, Egg & Cheese Sandwich
<b>GRAB N GO</b>				
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
	Uncrustable PB & J - Grape		Uncrustable PB& J - Strawberry	
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Students must take at least 3 items - one must be a minimum of 1/2 cup fruit or vegetable.				
USDA is an equal opportunity provider and employer				

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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**January 13th- 17th**

### MAIN ENTREE

Yogurt Parfait w/WG Blueberry Bread	Stuffed Bagel - Strawberry	Breakfast Burrito	Apple Cinnamon Texas Toast	Donut Ring

### GRAB N GO

Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
	Uncrustable PB & J - Grape		Uncrustable PB& J - Strawberry	
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

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**January 20th - 24th**

### MAIN ENTREE

NO SCHOOL	Warm Caramel Cinnamon Roll	Stuffed Waffle - Chicken Sausage & Cheese	French Toast Bites	Sausage, Egg & Cheese Sandwich

### GRAB N GO

	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
	Uncrustable PB & J - Grape		Uncrustable PB& J - Strawberry	
	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk

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## BREAKFAST MENU - MIDDLE-HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 27th - 31st</b>				
<b>MAIN ENTREE</b>				
Yogurt Parfait w/WG Blueberry Bread	Cheese Omelet w/ Biscuit	Stuffed Hash brown - egg & Cheese	Blueberry Pancakes	Donut Ring
<b>GRAB N GO</b>				
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars	WG Breakfast Bars
	Uncrustable PB & J - Grape		Uncrustable PB& J - Strawberry	
100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice	100% Assorted Fruit Juice
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk	Variety of Milk
Students must take at least 3 items - one must be a minimum of 1/2 cup fruit or vegetable.				
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