

## BREAKFAST MENU - MIDDLE-HIGH SCHOOL

| MONDAY   | TUESDAY                     | WEDNESDAY                 | THURSDAY                     | FRIDAY                    |
|--|-----------------------------|---------------------------|------------------------------|---------------------------|
| <b>Nov. 12 - 16, 2018</b>  |                             |                           |                              |                           |
| <b>HOT LINE</b>  |                             |                           |                              |                           |
| Breakfast Pizza  | Apple Cinnamon French Toast | Egg & Cheese Omelette     | Sausage, Egg & Cheese Muffin | Yogurt Parfait            |
|  |                             | WG Warm Biscuit           |                              |                           |
|  |                             | Fruit Smoothie            |                              |                           |
| <b>COLD LINE</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   | Uncrustable PB&J            | Uncrustable PB&J          | Uncrustable PB&J             | Uncrustable PB&J          |
|  |                             |                           |                              |                           |
|  |                             |                           |                              |                           |
| 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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