

BREAKFAST MENU - MIDDLE-HIGH SCHOOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------|---------------------------|------------------------------|---------------------------|
| Jan. 14-18, 2019 | | | | |
| HOT LINE | | | | |
| French Toast Sticks | Mini Waffles | Apple Fruit Pocket | Sausage, Egg & Cheese Muffin | Yogurt Parfait |
| | | | | |
| | | Fruit Smoothie | | |
| | | | | |
| COLD LINE | | | | |
| <i>Assorted Cereal</i> | <i>Assorted Cereal</i> | <i>Assorted Cereal</i> | <i>Assorted Cereal</i> | <i>Assorted Cereal</i> |
| 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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