



WPCSD HS / MS Breakfast Menu

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>1</p> <p style="text-align: center;"><u>Breakfast Sandwich</u> Turkey Bacon, Egg & Cheese on WG Roll (available without meat) OR WG Cereal Choice of 1: LF String Cheese, 4oz LF Yogurt or & Teddy Graham Crackers</p> <p style="text-align: center;">& 100% Fruit Juice (4oz); Whole Fresh Fruit or Chilled Cupped Fruit</p>	<p>2</p> <p style="text-align: center;">WG Breakfast Variety: Cereal, Muffin, or Bar OR WG Cheerios Cereal (GF) All Served with Choice of 1: LF String Cheese, 4oz LF Yogurt or & Teddy Graham Crackers OR WG Bagel w/ Cream Cheese</p> <p style="text-align: center;">& 100% Fruit Juice (4oz); Whole Fresh Fruit or Chilled Cupped Fruit</p>	<p>3</p> <p style="text-align: center;"><u>Breakfast Sandwich</u> Turkey Sausage, Egg & Cheese on WG Roll (available without meat) OR WG Cereal Choice of 1: LF String Cheese, 4oz LF Yogurt or & Teddy Graham Crackers</p> <p style="text-align: center;">& 100% Fruit Juice (4oz); Whole Fresh Fruit or Chilled Cupped Fruit</p>	<p>4</p> <p style="text-align: center;">WG Breakfast Variety: Assorted Cereal, Muffin, or Bar OR WG Cheerios Cereal (GF) All Served with Choice of 1: LF String Cheese, 4oz LF Yogurt or & Teddy Graham Crackers OR WG Bagel w/ Cream Cheese & 100% Fruit Juice (4oz); Whole Fresh Fruit or Chilled Cupped Fruit</p>	<p>5</p> <p style="text-align: center;"><u>Breakfast Sandwich</u> Canadian Style Turkey Bacon, Egg & Cheese on WG Roll (available without meat) OR WG Cereal Choice of 1: LF String Cheese, 4oz LF Yogurt or & Teddy Graham Crackers</p> <p style="text-align: center;">& 100% Fruit Juice (4oz); Whole Fresh Fruit or Chilled Cupped Fruit</p>

A complete breakfast meal includes:

Choice of Breakfast Entrée

Fruit Choices - 100% Juice, Fresh Fruit, Chilled Fruit Cup

Milk Choice - 1% or Fat Free White

Weekly Special Alternates:

WG Waffle; Yogurt Parfait; Smoothies

Whole Grain (WG) Breakfast Variety Includes:

Cereal- Whole Grain, Reduced Sugar Cinnamon Toast Crunch; Apple Cinnamon Cheerios; Cheerios; Chex

Assorted Muffins - Whole Grain Apple, Blueberry, Corn

WG Cereal Bars - Frudel; Mini Cinnis; Chocolate Chip Oatmeal; Apple; Cinnamon Toast Crunch; Golden Grahams

GF = Gluten Free; WG=Whole Grain; LF = Low Fat