



WPCSD Highlands MS Breakfast Menu

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|---|--|---|--|---|
| <p>Whole Grain: Mini Cinni Bagel w/ Cream Cheese</p> <p>Assorted Cereal Cereal Bar Muffin With Graham Cracker or String Cheese</p> <p>Fruit Choices: 100% Fruit Juice (4oz); Whole Fresh Fruit Chilled Cupped Fruit</p> | <p>Whole Grain: Eggo Mini Pancakes or Waffles Bagel w/ Cream Cheese</p> <p>Assorted Cereal Cereal Bar Muffin With Graham Cracker or String Cheese</p> <p>Fruit Choices: 100% Fruit Juice (4oz); Whole Fresh Fruit Chilled Cupped Fruit</p> | <p>Whole Grain: Mini Cinni Bagel w/ Cream Cheese</p> <p>Assorted Cereal Cereal Bar Muffin With Graham Cracker or String Cheese</p> <p>Fruit Choices: 100% Fruit Juice (4oz); Whole Fresh Fruit Chilled Cupped Fruit</p> | <p><u>Breakfast Sandwich</u> Turkey Sausage, Egg & Cheese or Egg & Cheese on WG Kaiser Roll</p> <p>Whole Grain: Bagel w/ Cream Cheese</p> <p>Assorted Cereal Cereal Bar Muffin With Graham Cracker or String Cheese</p> <p>Fruit Choices: 100% Fruit Juice (4oz); Whole Fresh Fruit Chilled Cupped Fruit</p> | <p>Whole Grain: Mini Cinni Bagel w/ Cream Cheese</p> <p>Assorted Cereal Cereal Bar Muffin With Graham Cracker or String Cheese</p> <p>Fruit Choices: 100% Fruit Juice (4oz); Whole Fresh Fruit 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

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 -Mini Cinnis; Chocolate Chip Oatmeal; Nutrigrain; Cinnamon Toast Crunch;