

Breakfast Grades K-12



October 2024

School Nutrition Programs Our meals meet strict federal nutrition standards, including limits for calories, sugar, saturated fat, and sodium. At least 80% of the grains offered per week are Whole Grain-Rich (WGR, WG) School Breakfast Consists of an entrée, chilled fruit, juice, and milk. Students are encouraged to select all of these items but must choose at least three – one of which must be fruit or fruit juice. Waterbury's Wellness Policy Can be viewed at: https://rb.gy/70hgug Breakfast & Lunch Menus are posted on Parent Square. Additional Resources <u>MyPlate</u> End Hunger CT SNAP 	Monday	Tuesday	Wednesday	Thursday	Friday	Thanks to the Community Eligibility Program, all our complete and nutritious meals are served at NO CHARGE to all students, with no need to apply! Second Choice Meals are Offered Daily Modified Meals are available if needed. Please contact the Waterbury Food Service Department (203)-346-2376 WPS participates in the Fresh Fruit and Vegetable Program , where students are provided free fresh fruit & vegetables for a snack during the school day The City of Waterbury Schools Food Service is "Pork-Free" No pork is served or sold by our Child Nutrition Program. This month's menu features Child Nutrition (CN)-labeled products from the following brands: This Institution is an Equal Opportunity Provider Menu is Subject to Change 9/26/24
	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	
GoodyRing Donut 100% Fruit Juice Chilled Fruit Low Fat Milk	Surprise Breakfast Vanilla ChatSnax 100% Fruit Juice Chilled Fruit Low Fat Milk	Professional Development Day No School	Blueberry Chex 100% Fruit Juice Chilled Fruit Low Fat Milk	Mini Confetti Pancakes Syrup 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>		
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct		
Double Chocolate Muffin Vanilla ChatSnax 100% Fruit Juice Chilled Fruit Low Fat Milk	French Toast Sticks Syrup 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>	Cherry Vanilla Yogurt & Granola 100% Fruit Juice Chilled Fruit Low Fat Milk	Honey Cheerios 100% Fruit Juice Chilled Fruit Low Fat Milk	Maple Cinnamon Buttermilk Pancakes 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>		
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct		
Columbus / Indigenous People's Day No School	Apple Turnover 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>	Turkey Sausage & Egg on an English Muffin Ketchup 100% Fruit Juice, Chilled Fruit Low Fat Milk <i>Hot!</i>	Cinnamon Toast Crunch 100% Fruit Juice Chilled Fruit Low Fat Milk	Mini Blueberry Pancakes Syrup 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>		
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct		
Banana Muffin Scooby Snacks 100% Fruit Juice Chilled Fruit Low Fat Milk	Mini Chocolate Chip French Toast Syrup 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>	Peach Yogurt & Granola 100% Fruit Juice Chilled Fruit Low Fat Milk	Cocoa Puffs 100% Fruit Juice Chilled Fruit Low Fat Milk	Cinnamon Pancakes Syrup 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>		
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov		
Emoji Waffle with Chicken Sausage & Egg 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>	Mini Maple Waffles 100% Fruit Juice Chilled Fruit Low Fat Milk <i>Hot!</i>	Orange Muffin Chocolate Bear Grahams 100% Fruit Juice Chilled Fruit Low Fat Milk	Happy Halloween! Pumpkin Bread 100% Fruit Juice Chilled Fruit Low Fat Milk 	Chocolate Chip Oatmeal Bar Scooby Snacks 100% Fruit Juice Chilled Fruit Low Fat Milk		