

Breakfast Menu

Cohasset, West, East, RJEMS, Bigfork

Build a healthy breakfast by selecting menu items from the following groups.

WK 1

MONDAY 8/31	TUESDAY 9/1	WEDNESDAY 9/2	THURSDAY 9/3	FRIDAY 9/4
NO SCHOOL	Select 1 or 2	Select 1 or 2	Select 1 or 2	NO SCHOOL
	Oatmeal with Berries	Yogurt with Berries	Sunrise Hot Egg, Sausage, and Cheese Breakfast Sandwich	
	Assorted Breakfast Breads			
	Graham Crackers with WOWButter	Cheese Stick	Graham Crackers with WOWButter	
	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	

	Select 1 or 2	Select 1 or 2	Select 1 or 2	
	Assorted Fruit	Assorted Fruit	Assorted Fruit	
	Fruit Juice	Fruit Juice	Fruit Juice	

	Select 1	Select 1	Select 1	
	Low Fat Milk	Low Fat Milk	Low Fat Milk	

Revised: 8.7.26

WK 2

MONDAY 9/7	TUESDAY 9/8	WEDNESDAY 9/9	THURSDAY 9/10	FRIDAY 9/11
NO SCHOOL	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
	Oatmeal with Berries	Yogurt with Berries	Sunrise Hot Egg, Sausage, and Cheese Breakfast Sandwich	Breakfast Pizza
	Assorted Breakfast Breads	Cinnamon Roll		Assorted Breakfast Breads
	Graham Crackers with WOWButter	Cheese Stick	Graham Crackers with WOWButter	Graham Crackers with WOWButter
	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal

	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice

	Select 1	Select 1	Select 1	Select 1
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

WK 3

MONDAY 9/14	TUESDAY 9/15	WEDNESDAY 9/16	THURSDAY 9/17	FRIDAY 9/18
Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
Oatmeal with Berries	Fluffy Scrambled Eggs with Hashbrowns and Turkey Sausage Links	Yogurt with Berries	Sunrise Hot Egg, Sausage, and Cheese Breakfast Sandwich	Mini Waffles
Assorted Breakfast Breads		Cinnamon Roll		Assorted Breakfast Breads
Graham Crackers with WOWButter	Graham Crackers with WOWButter	Cheese Stick	Graham Crackers with WOWButter	Graham Crackers with WOWButter
Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal

Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice

Select 1	Select 1	Select 1	Select 1	Select 1
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

WK 4

MONDAY 9/21	TUESDAY 9/22	WEDNESDAY 9/23	THURSDAY 9/24	FRIDAY 9/25
Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	NO SCHOOL
Oatmeal with Berries	Fluffy Scrambled Eggs with Hashbrowns and Turkey Sausage Links	Yogurt with Berries	Sunrise Hot Egg, Sausage, and Cheese Breakfast Sandwich	
Assorted Breakfast Breads		Cinnamon Roll		
Graham Crackers with WOWButter	Graham Crackers with WOWButter	Cheese Stick	Graham Crackers with WOWButter	
Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	

Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	

Select 1	Select 1	Select 1	Select 1	
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	

WK 5

MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2
Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
Oatmeal with Berries	Fluffy Scrambled Eggs with Hashbrowns and Turkey Sausage Links	Yogurt with Berries	Sunrise Hot Egg, Sausage, and Cheese Breakfast Sandwich	French Toast Sticks
Assorted Breakfast Breads		Cinnamon Roll		Assorted Breakfast Breads
Graham Crackers with WOWButter	Graham Crackers with WOWButter	Cheese Stick	Graham Crackers with WOWButter	Graham Crackers with WOWButter
Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal

Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2	Select 1 or 2
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice

Select 1	Select 1	Select 1	Select 1	Select 1
Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk

All Menus are subject to change

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