**Jefferson City School District** **ECC Breakfast**




| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 1<br>Hard Boiled Egg w/Toast<br>Banana<br>Milk Variety | 2<br>WG Maple Mini Pancake<br>Dried Apples Str Crisps<br>Milk Variety | 3<br>Biscuit<br>Sausage Links<br>Hashbrown Patty<br>Milk Variety | 4<br>WG Blueberry Muffin<br>Grapes<br>Milk Variety |
| 7<br>WG Cereal Variety<br>Applesauce Cup<br>Milk Variety | 8<br>Yogurt w/Toast<br>Banana<br>Milk Variety | 9<br>Cheese Omelet<br>Raisins<br>Milk Variety | 10<br>WG Mini Blueberry Waffles<br>Dried Apple Crisps<br>Milk Variety | 11<br>WG Pancake Stick<br>Hashbrown Patty<br>Milk Variety |
| 14<br>WG Cereal Variety<br>Applesauce Cup<br>Milk Variety | 15<br>Croissant Sandwich<br>Clementine<br>Milk Variety | 16<br>WG Bagel & Cream Cheese<br>Banana<br>Milk Variety | 17<br>WG Apple Cinnamon Muffin<br>Grapes<br>Milk Variety | 18<br>WG Mini Maple Waffles<br>Dried Apples Str Crisps<br>Milk Variety |
| 21<br>WG Cereal Variety<br>Applesauce Cup<br>Milk Variety | 22<br>EARLY RELEASE DAY<br>WG Mini Cinnamon Bagels<br>Clementine<br>Milk Variety | 23<br>No School | 24<br>No School | 25<br>No School |
| 28<br>No School | 29<br>No School | 30<br>No School | 31<br>No School | |

**WG= Whole Grain**
**Whole Grain Cereal Variety: Cheerios, Cocoa Puffs, Rice Crispy or Kix**
**Yogurt Variety: Yoplait Vanilla, Trix Str/Banana, Trix Triple Cherry, Trix Raspberry Rainbow, or Dannon Light & Fit**
**Milk Variety: Unflavored Skim Milk, 1% or Soy Milk**

***Menu Subject to Change***

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