



AUGUST | 2018

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	3 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Green Peppers and Onion Choice of Milk
6 WGR English Muffin ½ egg Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	7 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	8 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	9 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	10 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk
13 WGR Grits WGR Toast Pears 100% Kiwi Strawberry Juice Choice of Milk	14 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	15 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	16 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	17 WGR Blueberry Muffin Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk
20 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk	21 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley 100% Fruit and Vegetable Juice Choice of Milk	22 WGR Cereals WGR Muffin Raisins 100% Orange Juice Choice of Milk	23 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	24 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Green Peppers and Onion Choice of Milk
27 WGR English Muffin ½ egg Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	28 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	29 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	30 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	31 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk

News

Breakfast Includes up to 1 of each:

- > **Entrée (includes grain & sometimes meat/meat alternative)**
- > **100% Fruit Juice***
- > **Whole Fruit***
- > **Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk**

***A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry