



OCTOBER | 2018

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WGR Blueberry Muffin WGR Cereals Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk	2 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley WGR Cereals 100% Fruit and Vegetable Juice Choice of Milk	3 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	4 School Closed	5 School Closed
8 Fall Break- School Closed	9 Fall Break- School Closed	10 Fall Break- School Closed	11 Fall Break- School Closed	12 Fall Break- School Closed
15 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk	16 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	17 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	18 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	19 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk
22 WGR Grits WGR Toast Pears 100% Kiwi Strawberry Juice Choice of Milk	23 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	24 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	25 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	26 WGR Blueberry Muffin WGR Cereals Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk
29 <u>National Oatmeal Day!</u> WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	30 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley WGR Cereals 100% Fruit and Vegetable Juice Choice of Milk	31 Halloween WGR Cereals or WGR Muffin Orange Smoothie 100% Orange Juice Choice of Milk		

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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**