



# SEPTEMBER | 2018

## Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day - School Closed	4 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	5 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	6 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	7 WGR Blueberry Muffin Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk
10 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk	11 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley 100% Fruit and Vegetable Juice Choice of Milk	12 WGR Cereals WGR Muffin Raisins 100% Orange Juice Choice of Milk	13 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	14 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Green Peppers and Onion Choice of Milk
17 WGR English Muffin Scrambled eggs Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	18 Choice of Milk WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	19 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	20 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	21 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk
24 WGR Grits WGR Toast Pears 100% Kiwi Strawberry Juice Choice of Milk	25 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	26 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	27 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	28 WGR Blueberry Muffin Scrambled Eggs Fresh Strawberries 100% White Grape Juice

### 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**