

SEPTEMBER 2019

All breakfast is free of charge for all students.

TAS, ACES, TAS 2, WAHS

Breakfast Main Entrée Menu

Monday	Tuesday	Wednesday	Thursday	Friday
No School Labor Day 2 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	WG Coffee Cake 3 100 % Fruit Juice Plums Milk 1%, Fat Free, or Fat Free Chocolate	Bagel Sandwich 4 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	Breakfast Burritos 5 100 % Fruit Juice Bananas Milk 1%, Fat Free, or Fat Free Chocolate	Mini Pancakes 6 100 % Fruit Juice Peaches Milk 1%, Fat Free, or Fat Free Chocolate
Mini Donuts 9 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	WG Coffee Cake 10 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	Bagel Sandwich 11 100 % Fruit Juice Plums Milk 1%, Fat Free, or Fat Free Chocolate	Breakfast Burritos 12 100 % Fruit Juice Fruit Cups Milk 1%, Fat Free, or Fat Free Chocolate	Mini French Toast 13 100 % Fruit Juice Banana Milk 1%, Fat Free, or Fat Free Chocolate
Waffles 16 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	WG Coffee Cake 17 100 % Fruit Juice Peaches Milk 1%, Fat Free, or Fat Free Chocolate	Bagel Sandwich 18 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	Breakfast Burritos 19 100 % Fruit Juice Fruit Cups Milk 1%, Fat Free, or Fat Free Chocolate	Fresh Cinnamon Rolls 20 100 % Fruit Juice Banana Milk 1%, Fat Free, or Fat Free Chocolate
Mini Donuts 23 100 % Fruit Juice Plums Milk 1%, Fat Free, or Fat Free Chocolate	WG Coffee Cake 24 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	Bagel Sandwich 25 100 % Fruit Juice Banana Milk 1%, Fat Free, or Fat Free Chocolate	Breakfast Burritos 26 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate	Mini Pancakes 27 100 % Fruit Juice Fruit Cups Milk 1%, Fat Free, or Fat Free Chocolate
Waffles 30 100 % Fruit Juice Apples Milk 1%, Fat Free, or Fat Free Chocolate				

All students must take at least three food items and one must be at least a ½ cup of fruit, fruit juice or a vegetable. Every day students will have additional options for their breakfast which may include a variety of whole grain cereals, whole grain bagels and additional whole grain foods.

We encourage students to eat a full breakfast every day.

We offer breakfast from 7:15am-8am and during the student's nutrition break.

This institution is an equal opportunity employer and provider.



Septiembre del 2019

menú principal de desayuno

lunes	martes	miércoles	jueves 5	viernes
No hay escuela Día del trabajo 2	WG pastelito dulce 3 100% jugo de fruta Ciruela Leche 1%, sin grasa, o sabor de chocolate sin grasa	Sandwich en pan bagel 4 100% jugo de fruta Manzanas Leche 1%, sin grasa, o sabor de chocolate sin grasa	Burritos de desayuno 5 100% jugo de fruta Banano Leche 1%, sin grasa, o sabor de chocolate sin grasa	Mini panqueques 6 100% jugo de fruta Durazno Leche 1%, sin grasa, o sabor de chocolate sin grasa
Mini donut 9 100% jugo de fruta Manzanas Leche 1%, sin grasa, o sabor de chocolate sin grasa	WG pastelito dulce 10 100% jugo de fruta Manzanas Leche 1%, sin grasa, o sabor de chocolate sin grasa	Sandwich en pan bagel 11 100% jugo de fruta Ciruelas Leche 1%, sin grasa, o sabor de chocolate sin grasa	Burritos de desayuno 12 100% jugo de fruta Tasita de fruta partida Leche 1%, sin grasa, o sabor de chocolate sin grasa	Mini pan Frances dulce 13 100% jugo de fruta Banano Leche 1%, sin grasa, o sabor de chocolate sin grasa
Waffles 16 100% jugo de fruta Manzana Leche 1%, sin grasa, o sabor de chocolate sin grasa	WG pastelito dulce 17 100% jugo de fruta Durazno Leche 1%, sin grasa, o sabor de chocolate sin grasa	Sandwich en pan bagel 18 100% jugo de fruta Manzanas Leche 1%, sin grasa, o sabor de chocolate sin grasa	Burritos de desayuno 19 100% jugo de fruta Tasita de fruta partida Leche 1%, sin grasa, o sabor de chocolate sin grasa	Pastelito De canela 20 100% jugo de fruta Banano Leche 1%, sin grasa, o sabor de chocolate sin grasa
Mini donut 23 100% jugo de fruta Ciruelas Leche 1%, sin grasa, o sabor de chocolate sin grasa	WG pastelito dulce 24 100% jugo de fruta Manzana Leche 1%, sin grasa, o sabor de chocolate sin grasa	Sandwich en pan bagel 25 100% jugo de fruta Banano Leche 1%, sin grasa, o sabor de chocolate sin grasa	Burritos de desayuno 26 100% jugo de fruta Manzana Leche 1%, sin grasa, o sabor de chocolate sin grasa	Mini panqueques 27 100% jugo de fruta Tasita de fruta partida Leche 1%, sin grasa, o sabor de chocolate sin grasa
Waffles 30 100% jugo de fruta Manzana Leche 1%, sin grasa, o sabor de chocolate sin grasa	<p>Todos los estudiantes deben escoger por lo menos 3 piezas de comida y uno debe ser por lo menos ½ de taza de fruta, jugo de fruta o un vegetal. Cada día estudiantes tendrán opciones adicionales para su desayuno, lo cual puede incluir una variedad de cereales de granos integrales, pan bagel integral y otras comidas integrales.</p> <p>Animamos a los estudiantes comer un desayuno completo diariamente.</p> <p>Ofrecemos desayuno de 7:15 am-8am y durante el periodo de merienda/descanso.</p>			