

Breakfast Menu - WAHS



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Sausage & Pancake w/ Syrup Apple Jacks w/ Granola Whole Fruit Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
4 Whole Grain Bagel w/ Cream Cheese Cereal w/ Honey Grahams Whole Fruit Orange 1% White Milk Fat Free White Milk	5 Mantecada Sweet Bread Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	6 Mini Blueberry Pancakes Frosted Flakes w/ Chocolate Grahams Pear Whole Fruit 1% White Milk Fat Free White Milk	7 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Breakfast Cheese Tamale Craisins Whole Fruit 1% White Milk Fat Free White Milk
11 Chocolate Chip Muffin Flat Cereal w/ Honey Grahams Whole Fruit Orange 1% White Milk Fat Free White Milk	12 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	13 Bean & Cheese Burrito Frosted Flakes w/ Chocolate Grahams Apple Sauce Whole Fruit 1% White Milk Fat Free White Milk	14 Mini Soybutter & Jelly Sandwich Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Egg & Cheese Sandwich Apple Jacks w/ Granola Craisins Whole Fruit 1% White Milk Fat Free White Milk
18 Coffee Cake Whole Fruit Orange(18) 1% White Milk Fat Free White Milk	19 Apple Jacks w/ Cinnamon Grahams & Fruit Yogurt Parfait w/ Strawberries & Granola Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	20 Frosted Flakes w/ Chocolate Grahams Pear Whole Fruit 1% White Milk Fat Free White Milk	21 Strawberry Muffin Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Chicken & Waffle w/ Syrup Apple Jacks w/ Granola Craisins Whole Fruit 1% White Milk Fat Free White Milk
25 Cinnamon Delight Cereal w/ Honey Grahams Whole Fruit Orange 1% White Milk Fat Free White Milk	26 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	27 Mini Maple Pancakes Frosted Flakes w/ Chocolate Grahams Apple Sauce Whole Fruit 1% White Milk Fat Free White Milk	28 Pan Dulce Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Chicken Sausage & Pancake w/ Syrup Apple Jacks w/ Granola Craisins Whole Fruit 1% White Milk Fat Free White Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
This institution is an equal opportunity provider.

