

WAHS Breakfast Menu



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Whole Grain Bagel w/ Cream Cheese Whole Fruit Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>	<p>2</p> <p>Mantecada Sweet Bread Whole Fruit (Nectarine) Apple 1% White Milk Fat Free White Milk</p>	<p>3</p> <p>Mini Blueberry Pancakes Frosted Flakes w/ Chocolate Grahams Apple Sauce Pear 1% White Milk Fat Free White Milk</p>	<p>4</p> <p>Apple Empanada Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk</p>	<p>5</p> <p>Breakfast Cheese Tamale Craisins Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>
<p>8</p> <p>Blueberry Muffin Flat Cereal w/ Honey Grahams Whole Fruit Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>	<p>9</p> <p>Apple Jacks w/ Cinnamon Grahams Whole Fruit (Nectarine) Apple 1% White Milk Fat Free White Milk</p>	<p>10</p> <p>Bean & Cheese Burrito w/ Hot Sauce Pear 1% White Milk Fat Free White Milk</p>	<p>11</p> <p>VETERANS DAY Holiday</p>	<p>12</p> <p>Egg & Cheese Sandwich Apple Jacks w/ Granola Craisins Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>
<p>15</p> <p>Coffee Cake Whole Fruit Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>	<p>16</p> <p>Yogurt Parfait w/ Strawberries & Granola Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>	<p>17</p> <p>Mini Banana Pancakes Frosted Flakes w/ Chocolate Grahams Apple Sauce Pear 1% White Milk Fat Free White Milk</p>	<p>18</p> <p>Strawberry Muffin Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk</p>	<p>19</p> <p>Chicken & Waffle w/Syrup Craisins Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>
<p>22</p> <p>Pupil Free Day</p>	<p>23</p> <p>Pupil Free Day</p>	<p>24</p> <p>Holiday-No School</p>	<p>25</p> <p>THANKSGIVING Holiday</p>	<p>26</p> <p>Holiday-No School</p>
<p>29</p> <p>Cereal w/ Honey Grahams Whole Fruit (240) Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk</p>	<p>30</p> <p>Apple Jacks w/ Cinnamon Grahams Whole Fruit (Nectarine) Apple 1% White Milk Fat Free White Milk</p>			



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.