

MS/HS BREAKFAST MENU **JANUARY 2019**



Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
		1 NO SCHOOL – WINTER BREAK		2 NO SCHOOL – WINTER BREAK		3 NO SCHOOL – INSTITUTE DAY		4 NO SCHOOL – INSTITUTE DAY	
7		8		9		10		11	
Blueberry Muffin	30	Egg & Cheese Muffin	26	Mini Pancakes Maple	39	Bagel	28	Pop Tart Strawberry	38
WG Scooby Snacks	21	Orange Wedges	18	Applesauce	22	Cream Cheese	1	Cocoa Puffs Bar	30
Banana	27	100% Juice Cup	15	100% Juice Cup	15	Diced Pears	15	Mandarin Oranges	20
100% Juice Cup	15	Milk (assorted)	15	Milk (assorted)	15	100% Juice Cup	15	100% Juice Cup	15
Milk (assorted)	15					Milk (assorted)	15	Milk (assorted)	15
14		15		16		17		18	
Mini French Toast	37	Bagel	28	Mini Cinis (Hot)	27	Trix Cereal Bar	30	Pop Tart Fudge	38
Red Delicious Apple	19	Cream Cheese	1	Banana	15	Strawberry Yogurt	14	Granola	20
100% Juice Cup	15	Diced Peaches	12	100% Juice Cup	15	Apple Slices	17	Mixed Fruit	13
Milk (assorted)	15	100% Juice Cup	15	Milk (assorted)	15	100% Juice Cup	15	100% Juice Cup	15
		Milk (assorted)	15			Milk (assorted)	15	Milk (assorted)	15
21		22		23		24		25	
NO SCHOOL – MLK DAY		Egg & Cheese Muffin	26	Mini Pancakes Maple	39	Bagel	28	Pop Tart Strawberry	38
		Orange Wedges	18	Applesauce	22	Cream Cheese	1	Cocoa Puffs Bar	30
		100% Juice Cup	15	100% Juice Cup	15	Diced Pears	15	Mandarin Oranges	20
		Milk (assorted)	15	Milk (assorted)	15	100% Juice Cup	15	100% Juice Cup	15
								Milk (assorted)	15
28		29		30		31			
Mini French Toast	37	Bagel	28	Mini Cinis (Hot)	27	Trix Cereal Bar	30		
Red Delicious Apple	19	Cream Cheese	1	Banana	15	Strawberry Yogurt	14		
100% Juice Cup	15	Diced Peaches	12	100% Juice Cup	15	Apple Slices	17		
Milk (assorted)	15	100% Juice Cup	15	Milk (assorted)	15	100% Juice Cup	15		
		Milk (assorted)	15			Milk (assorted)	15		

Cereal Available Daily

Prices

Lunch: \$2.90
Breakfast: \$1.75
Milk: \$0.40
All meals served with choice of milk

Disclaimers

Menu subject to change. Advance notice will be given when possible.
The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.