

MIDDLE SCHOOL BREAKFAST

June 2019

Complete Breakfast Prices

Full Pay -\$1.85 - \$2
Reduced - \$.30

What's in a Breakfast?

2 oz. Grains or Proteins
Fruit and/or 100% Fruit
Juice and choice 1%
White or Chocolate Milk

3

Yogurt and 1 oz
WG Muffin Served
with Fruit, 100%
fruit Juice and 1%
white or
chocolate Milk

4

Egg, Sausage and
Cheese Croissant
Served with Fruit,
100% Fruit Juice
and 1% white or
chocolate Milk

5

Fresh Fruit
Smoothie Served
with WG Muffin
and 1% white or
chocolate milk

6

WG Bagel w/
Cream Cheese
Served with Fruit,
100% Fruit Juice
and 1% white or
chocolate Milk

7

Fresh Fruit
Yogurt Parfait
Served with 100%
Fruit Juice and
1% white or
chocolate Milk

Grains and Proteins Offered Daily

(choose 2)

Granola Bars – 1oz

Yogurt – 1 oz

WG Pop tarts – 1 oz

Cereal – 1 oz

Cheese Stick – 1 oz

WG Muffin – 1 oz

OR

(choose 1)

WG Bagel – 2 oz

Large Muffin – 2 oz.

WG Donut – 2 oz

Fruit Frudel – 2 oz

To complete your breakfast pick 1
to 2 fruits (or small 100% fruit juice)
and choice of 1% white or chocolate
milk (optional)

10

Yogurt and 1 oz
WG Muffin Served
with Fruit, 100%
fruit Juice and 1%
white or
chocolate Milk

11

Egg, Sausage and
Cheese Croissant
Served with Fruit,
100% Fruit Juice
and 1% white or
chocolate Milk

12

Fresh Fruit
Smoothie Served
with WG Muffin
and 1% white or
chocolate milk

13

WG Bagel w/
Cream Cheese
Served with Fruit,
100% Fruit Juice
and 1% white or
chocolate Milk

14

Cereal and
Breakfast Bars
Served with fruit,
100% Fruit Juice
and
1% white or
chocolate Milk

