

JUNE 2019

HOT BREAKFAST MENU GRADES K-8 ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">4</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">5</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">6</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">7</p> <p>Warm Whole Grain Oatmeal 19 WSM</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">10</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">11</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">12</p> <p>EARLY RELEASE</p> <p>Please see "Build your own Breakfast" Menu</p>		

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item



We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Every Breakfast comes with your choice of milk and fruit!

"Build Your Own Breakfast" options also available daily!

(please see menu for offerings)

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!



Breakfast is offered EVERY morning!

Although we make every effort to serve menus as planned, this menu may change without no-

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