

December 2020

West Harrison Community School

This institution is an equal opportunity provider

BREAKFAST



School Information: FREE BREAKFAST AND LUNCH FOR ENROLLED WH STUDENTS UNTIL THE END OF THE SCHOOL YEAR OR UNTIL THE MONEY RUNS OUT

Milk is offered everyday with breakfast



Nutrition Tip: Compared to kids who don't eat yogurt, children ages 6 – 12 years old who consume yogurt consume more bone health promoting nutrients: Calcium (23% more), Vitamin D (19% more) and Potassium (8% more).

Reference: NHANES 2013 - 1016

Monday



Tuesday

Wednesday

Thursday

Friday

PK-12 Tac-n-Go
PK-5 Fruit
6-12 Juice

1

PK-5
Cereal Bar
Carrots w/Peanut Butter
6-12
Breakfast Pizza
Juice

2

PK-5
Pancakes/Waffles
Fruit
6-12 Sausage Egg Biscuit
Juice

3

PK-5
Donut
Juice
6-12
WG Long John
Gogurt/Juice

4

PK-12
Uncrustable
PK-5 Fruit Cup
6-12 Juice

7

PK-12
Breakfast Slider
Juice

8

PK-5
Apple Filled Pretzel
Fresh Carrots w/Peanut Butter
6-12
Breakfast Sandwich
Juice

9

PK-5
Breakfast Freudal
Apple Slices
6-12
Popcorn Chicken Bowl
Juice

10

PK-12
WG Long John
Juice
6-12
Cereal

11

PK-12
Pretzel w/Cheese
Juice

14

PK-5
WG Muffin
Cheese Stick
6-12
Pizza Dippers/Sauce
Juice

15

PK-5 Benefit Bar
Fruit Cup
6-12 Breakfast Lasagna
Juice

16

PK-5
Breakfast Wrap
Banana
6-12
Cheese Omelet
WG Biscuit/Juice

17

PK-12
WG Long John

18

PK-5
Pop tart
Fresh Fruit
6-12
WG Pancakes
Sausage/Juice

21

PK-5
French Toast
Fruit Cup
6-12
French Toast
Ham Dices/ Juice

22

PK-12
Fruit Loops
WG Muffin
Juice

23

No School

24

No School

25

No School

28

No School

29

No School

30

No School

31

