

May 2021

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: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

PK-5
Uncrustable
Fruit Fixings
6-12
Breakfast Pizza/ Juice

3

PK-12
Tac-n-Go
PK-5
Dragon Punch
6-12
Juice

4

PK-5
French Toast
Carrots w/ Dip
6-12
Breakfast Burrito
Juice

5

PK-5
Benefit Bar
Apple Slices
6-12
Biscuits and Gravy
Juice

6

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

7

PK-5
WG Muffin
Cheese Stick/Fruit
6-12
Pancakes/Sausage/Juice

10

PK-5
Breakfast Slider
Banana
6-12
Sunrise Sandwich
Juice

11

PK-5
Cereal/Yogurt/Fruit
6-12
Popcorn Chicken Bowl
Juice

12

PK-5
Pancakes/Fruit Fixings
6-12
WG Cinnamon Roll
Juice

13

PK-5
WG Donut
Carrots/Juice
6-12
WG Long John
Yogurt/Juice

14

PK-5
WG Cereal Bar
Fruit Cup
6-12
Cheese Omelet/Biscuit/Juice

17

PK-5
WG Waffles/Apple Slices
6-12
French Toast/Ham Dices
Juice

18

PK-5
Breakfast Boat
Fruit Cup
6-12
Breakfast Taco Bowl/Juice

19

PK-5
Pretzel w/Cheese
Fruit
6-12
Cheese Sticks/Juice

20

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

21

PK-5
WG Pop Tart/Fruit Cup
Gogurt
6-12
Crispitos/Juice

24

PK-5
Frudel
Fruit Cup
6-12
Breakfast Lasagna
Juice

25

PK-12
Cooks Choice

26

PK-12
Cooks Choice

27

PK-12
Cooks Choice

28

HAVE A GREAT

31

SUMMER!!

