

SEPTIEMBRE 2021

Menu de secundario del distrito escolar de Wahluke

Desayuno

Lunes	Martes	Miercoles	Jueves	Viernes
30	31	Burrito de desayuno Barras surtidas Fruta fresca Coba Leche 1	Cereal frio Barras surtidas Fruta fresca Arandanos secos Leche 2	3 Fin de semana del Dia del Trabajo
6 Fin de semana del Dia del Trabajo	Cinna-Minis Cereales surtidos Coba Fruta fresca Leche 7	Sandwich de desayuno de huevo Barras surtidos Copa de bayas mixtas Fruta Fresca, Leche 8	Pan de banana Cereales surtidos Fruta seca Fruta fresca Leche 9	Panqueques de suero de leche Barras surtidos Zumo de naranja Fruta fresca, Leche 10
Mini panqueques Cereales surtidos Caja de jugo Fruta fresca Leche 13	Rollo de canela Barras surtidos Jugo de pina Fruta fresca Leche 14	Pizza de desayuno Cereales surtidos Coba Fruta fresca Leche 15	Barra de cereal Barras surtidos Copa de bayas mixtas Fruta Fresca Leche 16	Wrap de salchicha para panqueques Cereales surtidos Fruta seca Fruta fresca, Leche 17
Burrito de desayuno Cereales surtidos Coba Fruta fresca Leche 20	Yogur y Scoobies Barras surtidos Copa de melocoton Fruta fresca Leche 21	Desayuno de pavo emparedado Cereales surtidos Fruta seca Fruta fresca, Leche 22	Muffin caliente Barras surtidos Zumo de naranja Fruta fresca Leche 23	Bagel de arandanos con queso crema Cereales surtidos Arandanos secos Fruta fresca, Leche 24
Gofre Barras surtidos Fruta seca Fruta fresca Leche 27	Pan de calabaza Cereales surtidos Arandanos secos Fruta fresca Leche 28	Sandwich de desayuno de huevo Barras surtidos Caja de jugo Fruta fresca, Leche 29	Cereal frio Barras surtidos Copa de melocoton Fruta fresca Leche 30	

Todas las comidas de desayuno contienen cereales integrals, fruta fresca, y leche.

Menu sujeto a cambios segun la disponibilidad de articulo. Esta institucion es un proveedor de igualdad de oportunidades.

SEPTEMBER 2021

Wahluke School District Secondary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Breakfast Burrito Assorted Bars Fresh Fruit Applesauce Milk	2 Cold Cereal Assorted Bars Fresh Fruit Dried Cranberries Milk	3 Labor Day Weekend
6 Labor Day Weekend	7 Cinna-Minis Assorted Cereals Applesauce Fresh Fruit Milk	8 Egg Breakfast Sandwich Assorted Bars Mixed Berry Cup Fresh Fruit Milk	9 Banana Bread Assorted Cereals Dried Fruit Fresh Fruit Milk	10 Buttermilk Pancakes Assorted Bars Orange Juice Fresh Fruit Milk
13 Mini Pancakes Assorted Cereals Juice Box Fresh Fruit Milk	14 Cinnamon Roll Assorted Bars Pineapple Juice Fresh Fruit Milk	15 Breakfast Pizza Assorted Cereals Applesauce Fresh Fruit Milk	16 Cereal Bar Assorted Bars Mixed Berry Cup Fresh Fruit Milk	17 Pancake Sausage Wrap Assorted Cereals Dried Fruit Fresh Fruit Milk
20 Breakfast Burrito Assorted Cereals Applesauce Fresh Fruit Milk	21 Yogurt and Scoobies Assorted Bars Peach Cup Fresh Fruit Milk	22 Turkey Breakfast Sandwich Assorted Cereals Dried and Fresh Fruit Milk	23 Warm Muffin Assorted Bars Orange Juice Fresh Fruit Milk	24 Blueberry Bagel with Cream Cheese Assorted Cereals Dried and Fresh Fruit Milk
27 Waffle Assorted Bars Dried Fruit Fresh Fruit Milk	28 Pumpkin Bread Assorted Cereals Dried Cranberries Fresh Fruit Milk	29 Egg Breakfast Sandwich Assorted Bars Juice Box Fresh Fruit Milk	30 Cold Cereal Assorted Bars Peach Cup Fresh Fruit Milk	



All Breakfast Meals contain whole grains, fresh fruit, and milk.

Menu subject to change based on item availability. This institution is an equal opportunity provider.