



WMS Breakfast Menu

September 2018

InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

MONDAY

03

No School

TUESDAY

04

Sausage Biscuit
Assorted Cereal
Blueberry Nutri-Grain Bar
Banana
Applesauce

WEDNESDAY

05

Donut
Assorted Cereal
Cereal Bar
Cheese Stick
Applesauce
Mixed Fruit

THURSDAY

06

Breakfast Pizza
Assorted Cereal
Pop Tart
Raisins
Pears

FRIDAY

07

Sausage Biscuit
Assorted Cereal
Chocolate Chip Muffin
Cheese Stick
Grapes
Peaches

Pancake on Stick
Assorted Cereal
Pop Tart
Cheese Stick
Apple
Peaches

10

Sausage Biscuit
Assorted Cereal
Blueberry Nutri-Grain Bar
Banana
Applesauce

11

Donut
French Toast Sticks
Assorted Cereal
Cereal Bar
Cheese Stick
Applesauce
Mixed Fruit

12

Breakfast Pizza
Assorted Cereal
Pop Tart
Raisins
Pears

13

Sausage Biscuit
Assorted Cereal
Blueberry Muffin
Cheese Stick
Grapes
Peaches

14

Pancake on Stick
Assorted Cereal
Pop Tart
Cheese Stick
Apple
Peaches

17

Sausage Biscuit
Assorted Cereal
Blueberry Nutri-Grain Bar
Banana
Applesauce

18

Donut
Assorted Cereal
Cereal Bar
Cheese Stick
Applesauce
Mixed Fruit

19

Breakfast Pizza
Assorted Cereal
Pop Tart
Raisins
Pears

20

Sausage Biscuit
Assorted Cereal
Chocolate Chip Muffin
Cheese Stick
Grapes
Peaches

21

No School

24

Sausage Biscuit
Assorted Cereal
Blueberry Nutri-Grain Bar
Banana
Applesauce

25

Honey Bun
French Toast Sticks
Assorted Cereal
Cereal Bar
Cheese Stick
Applesauce
Mixed Fruit

26

Breakfast Pizza
Assorted Cereal
Pop Tart
Raisins
Pears

27

Sausage Biscuit
Assorted Cereal
Blueberry Muffin
Cheese Stick
Grapes
Peaches

28

Announcements

**All Meals Served With
Fruit Juice
1% Milk
Fat Free Chocolate
Milk**

**Menus Items Are
Subject To Change**

Meal Prices
5th & 6th Grade
Students
Eat FREE

**Breakfast & Lunch
Adults Breakfast \$2.20**

**This Institution is an Equal
Opportunity Provider**