

March 2020

West Harrison Community School

This institution is an equal opportunity provider

BREAKFAST

School Information



Milk and Juice are offered with breakfast.

Menu is subject to change without notice.

6-12 grade may choose from the breakfast rack. K-12 is offered toast, milk, fruit, and juice



Nutrition Tip: March is National Nutrition Month! To celebrate try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

Pancakes and Sausage
Fruit Fixings

2

Tuesday

Crispito
Fresh Fruit Fixings

3

Wednesday

Popcorn Chicken
Breakfast Bowl
Fruit Cup

4

Thursday

Eggs and Ham
WG Toast
Fruit Fixings

5

Friday

K-5 WG Lil John
6-12 WG Long John
WG Cereal
Fresh Fruit

6

Breakfast Pizza
Fruit Cup

9

Sausage Egg Biscuit
Fruit Fixings

10

Breakfast Taco Bowl
Fresh Fruit

11

WG Cereal
WG Pop Tart

12

K-5 WG Lil John
6-12 WG Long John
Yogurt
Fruit Cup

13

Sausage Patty
w/ Sausage Gravy
WG Biscuit

16

Breakfast Taco
Fresh Fruit

17

Ham and Cheese
Sandwich
Fresh Fruit

18

K-5 WG Lil John
6-12 WG Long John
Cheese Stick
Fruit Fixings

19

**NO SCHOOL
TEACHERS
COMP DAY**

20

Apple Filled Pretzel
GoGurt
Fruit Cup

23

Breakfast Burrito
Fruit Fixings

24

Breaded Cheese Stick
Fresh Fruit

25

Whatever's in the kitchen
that the cooks feel like
fixing

26

K-5 WG Lil John
6-12 WG Long John
WG Cereal
Fruit Fixings

27

Uncrustable
Fruit Fixings

30

Cheese Omelet
WG English Muffin
Fruit Fixings

31

