

# September 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, and a choice of fruit or juice



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



#### Monday



**No School**

7

**Labor Day**

#### Tuesday

Breakfast Lasagna **1**  
Fruit Fixings

Cheese Omelet **8**  
WG Biscuit  
Fruit Cup

#### Wednesday

Breakfast Taco **2**  
Bowl  
Fresh Fruit Fixings

WG Cinnamon Roll **9**  
Fresh Fruit

#### Thursday

Hot Ham and **3**  
Cheese Sandwich  
Fruit Cup

Eggs and Ham **10**  
WG Toast  
Fruit Fixings

#### Friday

WG Long John **4**  
6-12 Cheese Stick  
Fruit

K-5 WG Lil John **11**  
6-12 WG Long John  
Yogurt  
Fruit

Crispito **14**  
Fruit Fixings

Strawberry Yogurt **15**  
Parfait  
WG Muffin  
Fruit Fixings

Sunrise Sandwich **16**  
Fruit Fixings

Breaded Cheese **17**  
Stick  
w/Sauce  
Fresh Fruit Cup

K-5 WG Lil John **18**  
6-12 WG Long John  
WG Cereal  
Fruit Cup

Apple Filled **21**  
Pretzel  
Yogurt  
Fresh Fruit

Popcorn Chicken **22**  
Bowl  
Fruit Cup

Biscuits and Gravy **23**  
Fruit

Breakfast Pizza **24**  
Fruit Cup

K-5 WG Little John **25**  
6-12 WG Long John  
Cottage Cheese  
Peaches

Pancakes **28**  
Ham Dices  
Fruit

Uncrustable **29**  
Fruit Fixings

Whatever's in the **30**  
kitchen that the  
cooks feel like  
fixing

