



FEBRUARY | 2022

MEHP Primary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 WGR Apple Filled Strudel Applesauce Cup Choice of Milk	1 WGR French Toast Chilled Mixed Fruit Yogurt Cup Choice of Milk	2 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	3 WGR Cereals Fresh Banana Choice of Milk	4 WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk
7 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley Choice of Milk	8 WGR Cereals Fresh Pineapple Choice of Milk	9 WGR Waffles Fresh Banana Choice of Milk	10 WGR Chicken Biscuit Fresh Apple Slices Choice of Milk	11 WGR Toast Scrambled Eggs Fresh Orange Wedges Choice of Milk
14 WGR English Muffin Egg Patty Fresh Strawberries Fresh Blueberries Choice of Milk	15 WGR Bagel w/ Low Fat Cream Cheese Fresh Orange Wedges Choice of Milk	16 WGR Waffles Applesauce Cup Choice of Milk	17 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	18 No School: CLOSED
21 No School: President's Day	22 WGR French Toast Chilled Mixed Fruit Yogurt Cup Choice of Milk	23 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	24 WGR Cereals Fresh Banana Choice of Milk	25 WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk
28 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley Choice of Milk	1 WGR Cereals Fresh Pineapple Choice of Milk	2 WGR Waffles Fresh Banana Choice of Milk	3 WGR Chicken Biscuit Fresh Apple Slices Choice of Milk	4 WGR Toast Scrambled Eggs Fresh Orange Wedges Choice of Milk

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Breakfast Includes up to 1 of each:

>Entrée (includes grain & sometimes meat/meat alternative)

> 100% Fruit Juice*

> Whole Fruit*

>Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk

***A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**

> Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for