



JANUARY | 2022

MEHP Primary Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 No School: Winter Break	4 No School: Winter Break	5 WGR Waffles Applesauce Cup Choice of Milk	6 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	7 WGR Cereals Chilled Mixed Fruit Choice of Milk
10 WGR Apple Filled Strudel Applesauce Cup Choice of Milk	11 WGR French Toast Chilled Mixed Fruit Yogurt Cup Choice of Milk	12 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	13 WGR Cereals Fresh Banana Choice of Milk	14 WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk
17 No School: MLK Day	18 WGR Cereals Fresh Pineapple Choice of Milk	19 WGR Waffles Fresh Banana Choice of Milk	20 WGR Chicken Biscuit Fresh Apple Slices Choice of Milk	21 WGR Toast Scrambled Eggs Fresh Orange Wedges Choice of Milk
24 WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	25 WGR Bagel w/ Low Fat Cream Cheese Fresh Orange Wedges Choice of Milk	26 WGR Waffles Applesauce Cup Choice of Milk	27 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	28 WGR Cereals Chilled Mixed Fruit Choice of Milk
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

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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 understanding!