

# NOVEMBER | 2021



## MEHP Primary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	<b>2</b> WGR Egg and Cheese Biscuit Fresh Orange Wedges Choice of Milk	<b>3</b> WGR Waffles Applesauce Cup Choice of Milk	<b>4</b> WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	<b>5</b> WGR Blueberry Muffin Scrambled Eggs Fresh Banana Choice of Milk
<b>8</b> WGR Apple Filled Strudel Fresh Banana Choice of Milk	<b>9</b> WGR French Toast Applesauce Cup Yogurt Cup Choice of Milk	<b>10</b> WGR Cereals WGR Muffin Chilled Mixed Fruit Choice of Milk	<b>11</b> WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	<b>12</b> WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk
<b>15</b> Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley Choice of Milk	<b>16</b> WGR Cereals WGR Muffin Fresh Pineapple Choice of Milk	<b>17</b> WGR Waffles Fresh Banana Choice of Milk	<b>18</b> WGR Chicken Biscuit Fresh Apple Slices Choice of Milk	<b>19</b> WGR Toast Scrambled Eggs Fresh Orange Wedges Choice of Milk
<b>22</b> WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	<b>23</b> WGR Egg and Cheese Biscuit Applesauce Cup Choice of Milk	<b>24</b> No School Thanksgiving Break	<b>25</b> No School Thanksgiving Break	<b>26</b> No School Thanksgiving Break
<b>29</b> WGR Apple Filled Strudel Fresh Banana Choice of Milk	<b>30</b> WGR French Toast Applesauce Cup Yogurt Cup Choice of Milk	<b>1</b> WGR Cereals WGR Muffin Chilled Mixed Fruit Choice of Milk	<b>2</b> WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	<b>3</b> WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk

### News

**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!*