

SEPTEMBER | 2021



MEHP Primary Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	31 WGR Egg and Cheese Biscuit Applesauce Cup Choice of Milk	1 WGR Waffles Honeydew Melon Choice of Milk	2 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	3 WGR Blueberry Muffin Scrambled Eggs Fresh Banana Choice of Milk
6 School Closed- Labor Day	7 WGR French Toast Applesauce Yogurt Cup Choice of Milk	8 WGR Cereals Chilled Mixed Fruit Choice of Milk	9 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	10 WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk
13 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley Choice of Milk	14 WGR Cereals Fresh Pineapple Choice of Milk	15 WGR Waffles Fresh Banana Choice of Milk	16 WGR Chicken Biscuit Fresh Apple Slices Choice of Milk	17 WGR Toast Scrambled Eggs Fresh Orange Wedges Choice of Milk
20 WGR English Muffin Egg Patty Low Fat Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	21 WGR Egg and Cheese Biscuit Applesauce Cup Choice of Milk	22 WGR Waffles Honeydew Melon Choice of Milk	23 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	24 WGR Blueberry Muffin Scrambled Eggs Fresh Banana Choice of Milk
27 WGR Apple Filled Strudel Fresh Banana Choice of Milk	28 WGR French Toast Applesauce Cup Yogurt Cup Choice of Milk	29 WGR Cereals Chilled Mixed Fruit Choice of Milk	30 WGR Bagel w/ Low Fat Cream Cheese Fresh Strawberries Fresh Blueberries Choice of Milk	1 WGR Pancakes Turkey Sausage Chilled Peaches Choice of Milk

News

Welcome Back to School

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