

SEPTEMBER | 2021



MEHP K-5th Grade 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 100% Orange Juice Choice of Milk	1 WGR Waffles Honeydew Melon 100% Apple Juice Choice of Milk	2 WGR Pancakes Turkey Sausage Fresh Strawberries Choice of Milk	3 WGR Blueberry Muffin Scrambled Eggs Fresh Banana 100% Orange Juice Choice of Milk
6 School Closed- Labor Day	7 WGR French Toast Applesauce Yogurt Cup 100% Orange Juice Choice of Milk	8 WGR Cereals Chilled Mixed Fruit 100% White Grape Juice 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 100% Orange Juice Choice of Milk
13 Low Fat Yogurt Parfait with WGR Granola Fresh Berry Medley Choice of Milk	14 WGR Cereals Fresh Pineapple 100% White Grape Juice Choice of Milk	15 WGR Waffles Fresh Banana 100% Apple Juice Choice of Milk	16 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice 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 100% Orange Juice Choice of Milk	22 WGR Waffles Honeydew Melon 100% Apple Juice Choice of Milk	23 WGR Pancakes Turkey Sausage Fresh Strawberries 100% Juice Choice of Milk	24 WGR Blueberry Muffin Scrambled Eggs Fresh Banana 100% Orange Juice Choice of Milk
27 WGR Apple Filled Strudel Fresh Banana 100% Juice Choice of Milk	28 WGR French Toast Applesauce Cup Yogurt Cup 100% Orange Juice Choice of Milk	29 WGR Cereals Chilled Mixed Fruit 100% White Grape Juice 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 100% Orange Juice 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**