

WEST ELEMENTARY BREAKFAST MENU

OCTOBER 2022

3

Cin.Tst Crunch
Cereal Bar
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

4

Nutri-Grain Bar,
Yogurt Cup

Fresh Fruit
100% Fruit Juice
Milk

5

Kellogg's WG
PopTart
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

6

Bagel with Cream
Cheese

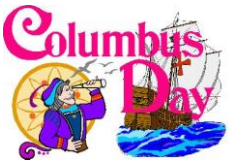
Fresh Fruit
100% Fruit Juice
Milk

7

Mini Berry French
Toast

Fresh Fruit
100% Fruit Juice
Milk

10



11

Chocolate Chip
Muffin, Yogurt Cup

Fresh Fruit
100% Fruit Juice
Milk

12

Confetti Rice Krispy
Treat
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

13

Yogurt Cup
Scooby Sticks

Fresh Fruit
100% Fruit Juice
Milk

14

Apple Strudel Stick

Fresh Fruit
100% Fruit Juice
Milk

17

Cocoa Puff Cereal
Bar
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

18

Blueberry Muffin
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

19

Confetti Pancakes

Fresh Fruit
100% Fruit Juice
Milk

20

Bagel Stick Stuffed
With Cream Cheese

Fresh Fruit
100% Fruit Juice
Milk

21

Mini Maple Waffles

Fresh Fruit
100% Fruit Juice
Milk

24

Cin.Tst Crunch
Cereal Bar
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

25

Apple Cinnamon
Muffin
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

26

Cini Mini Buns

Fresh Fruit
100% Fruit Juice
Milk

27

Cocoa Puff Cereal
Bar
Yogurt Cup

Fresh Fruit
100% Fruit Juice
Milk

28

Confetti Rice
Krispy Treat

Fresh Fruit
100% Fruit Juice
Milk

31

Trix Cereal Bar
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

**JUST STOP BY THE
CAFETERIA WHEN
YOU ARRIVE AT
SCHOOL AND
GRAB A BAG.
BE SURE TO HAVE
YOUR NAME
CHECKED OFF**

**State requires
offering of 1 cup of
fruit at breakfast.
Additional Fruit or
Juice will be offered
at the register.**

**MEALS ARE
FREE
FOR ALL
STUDENTS**

**QUESTIONS:
PLEASE CALL YOUR
SCHOOL
CAFETERIA**

More info...

CHOICE OF FRUITS AND JUICE:

May include Fresh Apples, Fresh Oranges, Fresh Bananas, Apple Juice, Orange Juice, Fruit Blend Juice, or Chilled Fruit Cups

More info... Also Available

Assorted Whole Grain Cereals with Graham Crackers

CHOICE OF MILK:

Low Fat Plain Milk, Fat Free Chocolate, and Fat Free Plain.