



# January 2023

## WEST ELEMENTARY SCHOOL BREAKFAST MENU

**MEALS ARE FREE  
FOR ALL  
STUDENTS**

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

**QUESTIONS:**  
Please call your  
school Cafeteria

All Breakfast  
Meals Must  
Include Choice  
of:  
Fruit and/or  
Juice  
And May  
Include:  
1% Low-Fat  
Milk

**Powering  
potential.**

**Menus are  
subject change.**

	MON	TUES	WED	THURS	FRI
<b>NO SCHOOL</b>	<sup>2</sup>	<sup>3</sup> Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	<sup>4</sup> Mini Cinnamon Rolls Fresh Fruit 100% Fruit Juice Milk	<sup>5</sup> Nutri-Grin Bar Cheese Stick Fresh Fruit 100% Fruit Juice Milk	<sup>6</sup> Mini Berry French Toast Fresh Fruit 100% Fruit Juice Milk
	<sup>9</sup> Nutri-Grain Bar Cheese Stick Fresh Fruit 100% Fruit Juice Milk	<sup>10</sup> Chocolate Chip Muffin Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>11</sup> Confetti rice Krispy Treat Fresh Fruit 100% Fruit Juice Milk	<sup>12</sup> Yogurt Cup Scooby Sticks Fresh Fruit 100% Fruit Juice Milk	<sup>13</sup> Cinnamon Toast Crunch Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk
<b>NO SCHOOL</b>	<sup>16</sup>	<sup>17</sup> Cocoa Puff Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>18</sup> Mini Cinnamon French Toast Bites Fresh Fruit 100% Fruit Juice Milk	<sup>19</sup> Bagel Stick Stuffed With Cream Cheese Fresh Fruit 100% Fruit Juice Milk	<sup>20</sup> Mini Maple Waffles Fresh Fruit 100% Fruit Juice Milk
	<sup>23</sup> Cinnamon Toast Crunch Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>24</sup> Apple Cinnamon Muffin Graham Crackers Fresh Fruit 100% Fruit Juice Milk	<sup>25</sup> Trix Cereal Bar String Cheese Fresh Fruit 100% Fruit Juice Milk	<sup>26</sup> Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk	<sup>27</sup> Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk
	<sup>30</sup> Rice Krispy Treat Cheese Stick Fresh Fruit 100% Fruit Juice Milk	<sup>31</sup> Otis Blueberry Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk			

State requires offering of 1 cup of fruit at breakfast. Students must take at least ½ cup of fruit

**ALSO AVAILABLE:**

Assorted Whole Grain Cereals with Graham Crackers

**CHOICE OF MILK:**

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

**CHOICE OF FRUITS AND JUICE:**

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



This institution is an equal opportunity providers