

WEST ELEMENTARY BREAKFAST MENU SEPTEMBER 2022

5



6

7

Otis Spunkmeyer
Choc.Chip Muffin
Teddy Grahams

Fresh Fruit
100% Fruit Juice
Milk

8

Yogurt Cup
Scooby Sticks

Fresh Fruit
100% Fruit Juice
Milk

9

Cocoa Puff Cereal
Bar
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

12

Cinnamon Toast
Crunch Cereal Bar
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

13

Otis Spunkmeyer
Choc.Chip Muffin

Apple Slices
100% Fruit Juice
Milk

14

Mini Maple Waffles

Fresh Fruit
100% Fruit Juice
Milk

15

Bagel Stick Stuffed
With Cream Cheese

Fresh Fruit
100% Fruit Juice
Milk

16

Yogurt
Scooby Sticks

Fresh Fruit
100% Fruit Juice
Milk

19

Apple Nutri-Grain
Bar
String Cheese

Fresh Fruit
100% Fruit Juice
Milk

20

Otis Spunkmeyer
Apple Cin.Muffin

Fresh Fruit
100% Fruit Juice
Milk

21

Apple Streudel

Fresh Fruit
100% Fruit Juice
Milk

22

Trix Cereal Bar
String Cheese

Fresh Fruit
100% Fruit Juice
Milk

23

Yogurt
Scooby Sticks

Fresh Fruit
100% Fruit Juice
Milk

26

Strawberry Nutri-
Grain bar
Graham Crackers

Fresh Fruit
100% Fruit Juice
Milk

27

Breakfast Cereal
Bar
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

28

Mini Maple
Pancakes

Fresh Fruit
100% Fruit Juice
Milk

29

Otis Spunkmeyer
Blueberry Muffin

Fresh Fruit
100% Fruit Juice
Milk

30

Kellogg's PopTart
Cheese Stick

Fresh Fruit
100% Fruit Juice
Milk

**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**

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



**Due to continued
manufacturing
issues from Covid
there may be
substitutions on
occasion. We
apologize in advance
for any
inconvenience.**

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

CHOICE OF MILK:

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