



February 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 Lunches Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

| MON | TUES | WED | THURS | FRI |
|--|--|--|---|---|
| | | ¹ Mini Cinnamon Rolls Fresh Fruit 100% Fruit Juice Milk | ² Bagel with Cream Cheese Fresh Fruit 100% Fruit Juice Milk | ³ Mini Berry French Toast Fresh Fruit 100% Fruit Juice Milk |
| ⁶ Trix Cereal Bar Fresh Fruit 100% Fruit Juice Milk | ⁷ Confetti Rce Krispy Treat Fresh Fruit 100% Fruit Juice Milk | ⁸ Chocolate Chip Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk | ⁹ Yogurt Cup Scooby Sticks Fresh Fruit 100% Fruit Juice Milk | ¹⁰ Cinnamon Toast Crunch Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk |
| ¹³ Cocoa Puff Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk | ¹⁴ WG Rice Krispy Treat Cheese Stick Fresh Fruit 100% Fruit Juice Milk | ¹⁵ Mini Cinnamon French Toast Bites Fresh Fruit 100% Fruit Juice Milk | ¹⁶ Bagel Stick Stuffed With Cream Cheese Fresh Fruit 100% Fruit Juice Milk | ¹⁷ Mini Maple Waffles Fresh Fruit 100% Fruit Juice Milk |
| ²⁰ PRESIDENTS DAY | ²¹ Nutri-Grain Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk | ²² Cocoa Puff Cereal Bar String Cheese Fresh Fruit 100% Fruit Juice Milk | ²³ Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk | ²⁴ Chocolate Chip Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk |
| ²⁷ Kellogg's PopTart Cheese Stick Fresh Fruit 100% Fruit Juice Milk | ²⁸ Cin.Toast Crunch Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk | | | |

Menus are subject change.

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