



MARCH 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

**Menus are
subject
change.**

MON	TUES	WED	THURS	FRI
		Mini Cinnamon ¹ Rolls Fresh Fruit 100% Fruit Juice Milk	Bagel w/Straw. ² Cream Cheese Fresh Fruit 100% Fruit Juice Milk	Mini Berry French ³ Toast Fresh Fruit 100% Fruit Juice Milk
Apple Strudel ⁶ Stick Apple Slices 100% Fruit Juice Milk	Chocolate Chip ⁷ Muffin Cheese Stick Whole Orange 100% Fruit Juice Milk	Confetti Rice ⁸ Krispy Treat Banana 100% Fruit Juice Milk	Yogurt Cup ⁹ Scooby Sticks Apple Slices 100% Fruit Juice Milk	Cinnamon Toast ¹⁰ Crunch Cereal Bar Animal Crackers Fresh Fruit 100% Fruit Juice Milk
Cocoa Puff Cereal ¹³ Bar Cheese Stick Fresh Fruit 100% Fruit Juice Milk	Blueberry Muffin ¹⁴ Animal Crackers Fresh Fruit 100% Fruit Juice Milk	Mini Cinnamon ¹⁵ French Toast Bites Fresh Fruit 100% Fruit Juice Milk	Bagel Stuffed ¹⁶ With Straw. Cream Cheese Fresh Fruit 100% Fruit Juice Milk	Mini Maple ¹⁷ Waffles Fresh Fruit 100% Fruit Juice Milk
Nutri-Grain ²⁰ Breakfast Bar Scooby Graham Sticks Fresh Fruit 100% Fruit Juice Milk	Apple Cinnamon ²¹ Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	Cocoa Puff Cereal ²² Bar String Cheese Fresh Fruit 100% Fruit Juice Milk	Mini Cinnamon ²³ Buns Fresh Fruit 100% Fruit Juice Milk	Kellogg's WG ²⁴ Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk
Yogurt Cup ²⁷ Scooby Sticks Fresh Fruit 100% Fruit Juice Milk	Banana Muffins ³ Animal Crackers Fresh Fruit 100% Fruit Juice Milk	Apple Strudel Stick Cheese Stick Fresh Fruit 100% Fruit Juice Milk	Bagel Stuffed w/Straw. Cream Cheese Fresh Fruit 100% Fruit Juice Milk	Kellogg's WG Pop Tart 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



CHOICE OF WG CEREALS WITH GRAHAM CRACKERS:

Cinnamon Toast Crunch, Cheerios, Lucky Charms, Cocoa Puffs

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