



MAY 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 Rice Krispy Treat Cheese Stick Fresh Fruit 100% Fruit Juice Milk	² Breakfast Cereal Bar Cheese Stick Fresh Fruit 100% Fruit Juice Milk	³ Yogurt Scooby Stix Fresh Fruit 100% Fruit Juice Milk	⁴ Bagel w/Straw. Cream Cheese Fresh Fruit 100% Fruit Juice Milk	⁵ Mini French Toast Fresh Fruit 100% Fruit Juice Milk
⁸ Apple Strudel Stick Fresh Fruit 100% Fruit Juice Milk	⁹ Whole Grain Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	¹⁰ Breakfast Cereal Bar Fresh Fruit 100% Fruit Juice Milk	¹¹ Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	¹² Mini Maple Pancakes Fresh Fruit 100% Fruit Juice Milk
¹⁵ Yogurt Cup Scooby Sticks Fresh Fruit 100% Fruit Juice Milk	¹⁶ Whole Grain Muffin Animal Crackers Fresh Fruit 100% Fruit Juice Milk	¹⁷ Mini Cinnamon French Toast Bites Fresh Fruit 100% Fruit Juice Milk	¹⁸ Bagel Stick Stuffed With Strawberry Cream Cheese Fresh Fruit 100% Fruit Juice Milk	¹⁹ Mini Maple Waffles Fresh Fruit 100% Fruit Juice Milk
²² Bagel with Strawberry Cream Cheese Fresh Fruit 100% Fruit Juice Milk	²³ Whole Grain Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	²⁴ Breakfast Cereal Bar String Cheese Fresh Fruit 100% Fruit Juice Milk	²⁵ Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk	²⁶ Apple Strudel Stick Fresh Fruit 100% Fruit Juice Milk
 THANK YOU!	⁵ Whole Grain Muffin Animal Crackers Fresh Fruit 100% Fruit Juice Milk	²⁶ Nutri-Grain Breakfast Bar Scooby Graham Sticks Fresh Fruit 100% Fruit Juice Milk	²⁷ Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	²⁸ Mini Cinnamon Buns 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

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