

Wattsburg Area Middle School



January 2019

Student Breakfast Prices

Student Paid \$1.10
 Student Reduced \$.30
 Milk \$.55

Janet Mullaney

Child Nutrition Director
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Breakfast Selection

Juice – 4 oz.
 Orange
 Apple

Milk Selection

Fat Free White
 1% White

Cereals



All cereals are 4 whole grains, lower sugar, and child friendly
 Bowl pack = 1 bread/grain



U.S.D.A. Breakfast Requirements:

- ½ cup fruit or juice
- 2 grains or 2 meat/meat alternatives or 1 of each daily
- 1 cup fat free or 1% milk

Menu Items Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
31 	1 	2 Chocolate Donut Fresh Fruit Juice/Milk	3 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	4 Breakfast Pizza Fresh Fruit Juice/Milk
7 Powdered Donut Fresh Fruit Milk	8 Strawberry Bagel Bites Fresh Fruit Juice/Milk	9 Egg* Fresh Fruit Juice/Milk	10 Chocolate Muffin Fresh Fruit Juice/Milk	11 Honey Bun Fresh Fruit Juice/Milk
14 Chocolate Donut Fresh Fruit Juice/Milk	15 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	16 Breakfast Pizza Fresh Fruit Juice/Milk	17 No School	18 No School
21 No School 	22 Strawberry Bagel Bites Fresh Fruit Juice/Milk	23 Egg* Fresh Fruit Juice/Milk	24 Chocolate Muffin Fresh Fruit Juice/Milk	25 Honey Bun Fresh Fruit Juice/Milk
28 Chocolate Donut Fresh Fruit Milk	29 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	30 Breakfast Pizza Fresh Fruit Juice/Milk	31 Cinnamon Bagel Bites Fresh Fruit Juice/Milk	1 Banana Cereal Bar Fresh Fruit Milk

*Eggs May Include:

Cheese Omelet with English Muffin
 Breakfast Wrap
 Breakfast Taco
 Breakfast Sandwich



Daily Breakfast Options Include:

Breakfast Pizza
 Bagel Bites
 Breakfast Bars
 Donuts
 Cereal

