

Wattsburg Area Elementary Center



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

31 	1 	2 Breakfast Pizza Fresh Fruit /Juice Fat Free Milk	3 Yogurt Bar, Pop-Tart or Teddy Graham Fresh Fruit /Juice Fat Free Milk	4 Eggs* Fresh Fruit/Juice Fat Free Milk
7 Pancake on a Stick Fresh Fruit /Juice Fat Free Milk	8 Cereal/Muffin Fresh Fruit /Juice Fat Free Milk	9 Breakfast Pizza Fresh Fruit /Juice Fat Free Milk	10 Yogurt Bar, Pop-Tart or Teddy Graham Fresh Fruit /Juice Fat Free Milk	11 Eggs* Fresh Fruit/Juice Fat Free Milk
14 Pancake on a Stick Fresh Fruit /Juice Fat Free Milk	15 Cereal/Muffin Fresh Fruit /Juice Fat Free Milk	16 Breakfast Pizza Fresh Fruit /Juice Fat Free Milk	17 No School	18 No School
21 No School 	22 Cereal/Muffin Fresh Fruit /Juice Fat Free Milk	23 Breakfast Pizza Fresh Fruit /Juice Fat Free Milk	24 Yogurt Bar, Pop-Tart or Teddy Graham Fresh Fruit /Juice Fat Free Milk	25 Eggs* Fresh Fruit/Juice Fat Free Milk
28 Pancake on a Stick Fresh Fruit /Juice Fat Free Milk	29 Cereal/Muffin Fresh Fruit /Juice Fat Free Milk	30 Breakfast Pizza Fresh Fruit /Juice Fat Free Milk	31 Yogurt Bar, Pop-Tart or Teddy Graham Fresh Fruit /Juice Fat Free Milk	1 Eggs* Fresh Fruit/Juice Fat Free Milk



*Eggs May Include:

- Omelet/Bagel
- Egg Wrap
- Breakfast Taco
- Scrambled Eggs/Bagel

Menu Items Subject to Change

