

# Wattsburg Area Middle School



## March 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
				1 Banana Cereal Bar Fresh Fruit Milk
4 Powdered Donut Fresh Fruit Juice/Milk	5 Strawberry Bagel Bites Fresh Fruit Juice/Milk	6 Egg* Fresh Fruit Juice/Milk	7 Chocolate Muffin Fresh Fruit Juice/Milk	8 Honey Bun Fresh Fruit Juice/Milk
11 Chocolate Donut Fresh Fruit Milk	12 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	13 Breakfast Pizza Fresh Fruit Juice/Milk	14 Cinnamon Bagel Bites Fresh Fruit Juice/Milk	15 Banana Cereal Bar Fresh Fruit Milk
18 Snow Make Up Day Powdered Donut Fresh Fruit Juice/Milk	19 Strawberry Bagel Bites Fresh Fruit Juice/Milk	20 Egg* Fresh Fruit Juice/Milk	21 Chocolate Muffin Fresh Fruit Juice/Milk	22 Honey Bun Fresh Fruit Juice/Milk
25 Chocolate Donut Fresh Fruit Milk	26 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	27 Breakfast Pizza Fresh Fruit Juice/Milk	28 Cinnamon Bagel Bites Fresh Fruit Juice/Milk	29 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

