

# Wattsburg Area Middle School



## April 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 Powdered Donut Fresh Fruit Juice/Milk	2 Strawberry Bagel Bites Fresh Fruit Juice/Milk	3 Egg* Fresh Fruit Juice/Milk	4 Chocolate Muffin Fresh Fruit Juice/Milk	5 Honey Bun Fresh Fruit Juice/Milk
8 Chocolate Donut Fresh Fruit Milk	9 Yogurt Cup Graham Crackers Fresh Fruit Juice/Milk	10 Breakfast Pizza Fresh Fruit Juice/Milk	11 Cinnamon Bagel Fresh Fruit Juice/Milk	12 Banana Cereal Bar Fresh Fruit Milk
15 Powdered Donut Fresh Fruit Juice/Milk	16 Strawberry Bagel Bites Fresh Fruit Juice/Milk	17 Egg* Fresh Fruit Juice/Milk	18 Chocolate Muffin Fresh Fruit Juice/Milk	19  No School
22  No School	23 Snow Make Up Day No School	24 Breakfast Pizza Fresh Fruit Juice/Milk	25 Cinnamon Bagel Fresh Fruit Juice/Milk	26 Banana Cereal Bar Fresh Fruit Juice/Milk
29 Powdered Donut Fresh Fruit Juice/Milk	30 Strawberry Bagel Bites Fresh Fruit Juice/Milk	May 1 Egg* Fresh Fruit Juice/Milk	May 2 Chocolate Muffin Fresh Fruit Juice/Milk	May 3 Honey Bun Fresh Fruit Juice/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

