



Elementary Breakfast Menu

November 2018



1
WG Glazed Donut
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Strawberry Craisins
 100% Fruit Juice

2
Cherry Frudel
Jurassic Park
Grahams
Grahams w/ String
Cheese

Fresh Apple
 Diced Peaches
 100% Apple Juice

5
Biscuit & Gravy
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Pears
 100% Grape Juice

6
WG Cinnamon Roll
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Mixed Fruit
 100% Fruit Juice

7
Apple Bosco Stick
Animal Crackers w/
String Cheese

Fresh Banana
 Applesauce
 100% Orange Juice

8
WG Mini Strawberry
Pancakes
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Strawberry Craisins
 100% Fruit Juice

9
WG Chocolate Muffin
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Peaches
 100% Apple Juice

12
No School
Veterans Day

13
Strawberry Cream
Cheese Bagel
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Mixed Fruit
 100% Fruit Juice

14
WG Blueberry Muffin
Animal Crackers w/
String Cheese

Fresh Banana
 Applesauce
 100% Orange Juice

15
WG French Toast Sticks
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Strawberry Craisins
 100% Fruit Juice

16
Chocolate Crescent
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Peaches
 100% Apple Juice

19
WG Mini Blueberry
Waffles
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Pears
 100% Grape Juice

20
Pancake on a Stick
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Mixed Fruit
 100% Fruit Juice

21
No School
Thanksgiving

22
No School
Thanksgiving



23
No School
Thanksgiving

26
WG Pancakes
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Pears
 100% Grape Juice

27
WG Glazed Donut
Goldfish Pretzels w/
Strawberry Banana Yo-
gurt

Fresh Fruit
 Mixed Fruit
 100% Fruit Juice

28 **French Toast Day**
WG French Toast Sticks
Animal Crackers w/
String Cheese

Fresh Banana
 Applesauce
 100% Orange Juice

29
Breakfast Pizza
Goldfish Pretzels w/
Strawberry Banana
Yogurt

Fresh Fruit
 Strawberry Craisins
 100% Fruit Juice

30
Chocolate Crescent
Jurassic Park
Grahams w/ String
Cheese

Fresh Apple
 Diced Peaches
 100% Apple Juice

More info...
 Breakfast is a main entrée OR pick two from the grains and proteins offered each day for your meal
 Assorted Whole Grain Cereals offered daily with WG Animal Crackers

More info...
 Breakfast - \$ 1.50 Lunch - \$2.85
 NO Charge for students at Empire

Grab a milk
 1% low fat & unflavored/
 flavored fat-free choices
 Menu is subject to change