

2021-2022 ALL LEVELS Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>ENTRÉES</u> <u>ELEM</u> <i>(Elem: Choice of 1 entrée)</i>	Breakfast Flatbread OR Yogurt Muffin	Breakfast Taco <i>(Egg, Potato, Cheese)</i> OR Hardboiled Egg Cereal	Breakfast Pastry OR Chicken & Biscuit	Waffle Sandwich OR Hardboiled Egg Cereal	Sausage Pancake Bites OR Yogurt Cinnamon Roll
<u>ENTRÉES</u> <u>MID/HIGH</u> <i>(M/H: Choice of 1-2 count items)</i>	Breakfast Flatbread OR –Choice of 1 or 2: Yogurt Muffin Cereal	Breakfast Taco <i>(Egg, Potato, Cheese)</i> OR –Choice of 1 or 2: Hardboiled Egg Cereal	Breakfast Pastry OR –Choice of 1 or 2: Chicken Biscuit Cereal	Waffle Sandwich OR –Choice of 1 or 2: Hardboiled Egg Cereal	Sausage Pancake Bites OR –Choice of 1 or 2: Yogurt Cinnamon Roll Cereal
<u>SIDE ZONES</u>	Applesauce Cup Juice	Frozen Fruit Cup Juice	Raisins Juice	Canned Mixed Fruit Juice	Fresh Fruit Juice
<u>MILK</u>	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy
<u>CONDIMENTS</u> <i>(as needed)</i>			Ketchup Jelly/Jam	Syrup	Syrup
WEEK 1 8/23, 9/13, 10/4, 10/25, 11/15, 12/6					

ELEMENTARY: Choice of 1 Entrée, ½ cup fruit, Juice, and Choice of Milk. Not offer vs serve-must have all components.

MIDDLE/HIGH: 1-2 count Entrée, Choice of Fruit and/or Juice (*required), Choice of Milk. Is offer vs serve. May choose 3-4 items. ½ cup Fruit or Juice is required.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>ENTRÉES</u> <u>ELEM</u> <i>(Elem: Choice of 1 entrée)</i>	Breakfast Flatbread OR Hardboiled Egg Cereal	Breakfast Taco <i>(Egg, Turkey Chorizo, Cheese)</i> OR Yogurt Cinnamon Roll	Sausage Patty & French Toast Sticks OR Hardboiled Egg Cereal	Sausage Pancake Bites OR Yogurt Muffin	Chicken & Biscuit OR Hardboiled Egg Cereal
<u>ENTRÉES</u> <u>MID/HIGH</u> <i>(M/H: Choice of 1-2 count items)</i>	Breakfast Flatbread OR –Choice of 1 or 2: Hardboiled Egg Cereal	Breakfast Taco <i>(Egg, Turkey Chorizo, Cheese)</i> OR –Choice of 1 or 2: Yogurt Cinnamon Roll Cereal	Choice of 1 or 2: Sausage Patty French Toast Sticks Hardboiled Egg Cereal	Sausage Pancake Bites OR –Choice of 1 or 2: Yogurt Muffin Cereal	Choice of 1 or 2: Chicken Biscuit Hardboiled Egg Cereal
<u>SIDE ZONES</u>	Applesauce Cup Juice	Frozen Fruit Cup Juice	Whole Frozen Strawberries Juice	Canned Mixed Fruit Juice	Fresh Fruit Juice
<u>MILK</u>	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy
<u>CONDIMENTS</u> <i>(as needed)</i>			Ketchup Syrup	Syrup	Ketchup Jelly/Jam
WEEK 2 8/30, 9/20, 10/11, 11/1, 11/22, 12/13					

ELEMENTARY: Choice of 1 Entrée, ½ cup fruit, Juice, and Choice of Milk. Not offer vs serve-must have all components.

MIDDLE/HIGH: 1-2 count Entrée, Choice of Fruit and/or Juice (*required), Choice of Milk. Is offer vs serve. May choose 3-4 items. ½ cup Fruit or Juice is required.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>ENTRÉES</u> <u>ELEM</u> <i>(Elem: Choice of 1 entrée)</i>	Breakfast Flatbread OR Yogurt Muffin	Breakfast Taco <i>(Bean, Chorizo, Cheese)</i> OR Hardboiled Egg Cereal	Pancake Sandwich OR Yogurt Cinnamon Roll	Sausage & Biscuit OR Hardboiled Egg Cereal	Chicken & French Toast Sticks OR Yogurt Muffin
<u>ENTRÉES</u> <u>MID/HIGH</u> <i>(M/H: Choice of 1-2 count items)</i>	Breakfast Flatbread OR –Choice of 1 or 2: Yogurt Muffin Cereal	Breakfast Taco <i>(Bean, Chorizo, Cheese)</i> OR –Choice of 1 or 2: Hardboiled Egg Cereal	Pancake Sandwich OR –Choice of 1 or 2: Yogurt Cinnamon Roll Cereal	Choice of 1 or 2: Sausage Biscuit Hardboiled Egg Cereal	Choice of 1 or 2: Chicken French Toast Sticks Yogurt Muffin Cereal
<u>SIDE ZONES</u>	Raisins Juice	Frozen Fruit Cup Juice	Applesauce Cup Juice	Whole Frozen Strawberries Juice	Canned Mixed Fruit Juice
<u>MILK</u>	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy	Skim Chocolate 1% Plain Lactose Free Soy
<u>CONDIMENTS</u> <i>(as needed)</i>			Ketchup Syrup	Ketchup Jam/Jelly	Ketchup Syrup
WEEK 3 9/6, 9/27, 10/18, 11/8, 11/29					

ELEMENTARY: Choice of 1 Entrée, ½ cup fruit, Juice, and Choice of Milk. Not offer vs serve-must have all components.

MIDDLE/HIGH: 1-2 count Entrée, Choice of Fruit and/or Juice (*required), Choice of Milk. Is offer vs serve. May choose 3-4 items. ½ cup Fruit or Juice is required.

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