

# WMS Breakfast August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sausage, Egg &amp; Cheese TORNADO</b>	<b>Sausage Egg &amp; Cheese Pancake Sandwich-wg</b>	<b>Breakfast Pizza-wg</b>	<b>Breakfast Bites-wg</b>	<b>Biscuit &amp; Sausage Gravy-wg</b>

### OTHER OPTIONS

Assorted Cold Cereals-wg  
 Cereal Bars-wg  
 Assorted Muffins-wg  
 Assorted Bagels-wg  
 Toast-wg  
 Assorted Yogurt  
 Low Fat Cottage Cheese  
 100% Juice: Apple, Grape, Fruit Punch, Orange  
 At least 1 Fresh Fruit Offered daily: Apples, Oranges, Kiwi, Grapes, Melon, Seasonal Fruit  
 3 of the Following Canned Fruit Choices: Peaches, Pineapple, Mixed Fruit, Applesauce, Pears, Mandarin Oranges  
 Milk: White 1%, Chocolate Non-Fat  
 Denotes whole grain-wg

**Save time & money! No Fees for Food Service online Depositing!**

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**[www.washington.k12.mo.us](http://www.washington.k12.mo.us)**

*Click on Online Payment under Quick Links and follow the prompts.*

### Every Breakfast Includes:

1. Fruit-1 Cup
2. Grain-1 to 2 Ounces
3. Protein-1 to 2 Ounces
4. Dairy-8 Ounces

You may have all 4 categories, but may take as few as 3. One of your 3 to 4 items **MUST** be a fruit or vegetable.

*Some breakfasts also include a vegetable option.*



**First Day of School August 15th**

**No School August 30th**