

WHS Nix Cafeteria Breakfast September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage, Egg & Cheese TORNADO	Sausage Egg & Cheese Pancake Sandwich-wg	Breakfast Pizza-wg	Breakfast Bites-wg	Biscuit & Sausage Gravy-wg

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!

Visit
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.

No School Monday, Sept 2nd

BREAKFAST AVAILABLE IN NIX CAFETERIA, GRAB AND GO BREAKFAST IS ALSO AVAILABLE IN THE HALL BY THE BUS DROP OFF.

"This institution is an equal opportunity provider."