

WMS 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 September 2nd

Labor Day