

# WHS Breakfast December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks and Sausage	Egg, Ham & Cheese Smacker	Iced Long John	Chicken & Biscuit	Biscuits & Sausage Gravy

## 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  
 All grain items are whole grain.

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## 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.*

