

WHS Breakfast March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks and Sausage	Egg, Ham & Cheese Biscuit	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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 for Food Service online De-
 positing!**

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 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.*