



**WOODCREST ELEMENTARY SCHOOL  
Sept/October 2019 BREAKFAST MENU**



MONDAY	TUESDAY	LEAN AND GREEN WEDNESDAY	THURSDAY	FRIDAY
9/30 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	10/1 Turkey Sausage Breakfast Pizza (22g)	10/2 <b>NO SCHOOL</b>	10/3 Cinnamon French Toast (37g) <>	10/4 Strawberry Pancakes (40g) <>
10/7 Sweet Potato Swirl Roll (33g) <>	10/8 Maple Pancakes (38g) <>	10/9 Mini Cinnis (39g) <>	10/10 Turkey Sausage Pancake Wrap (17g) †	10/11 Blueberry Waffles (36g) <>
10/14 <b>NO SCHOOL</b>	10/15 <b>NO SCHOOL</b>	10/16 <b>NO SCHOOL</b>	10/17 <b>NO SCHOOL</b>	10/18 <b>NO SCHOOL</b>
10/21 <b>NO SCHOOL</b>	10/22 <b>NO SCHOOL</b>	10/23 <b>NO SCHOOL</b>	10/24 <b>NO SCHOOL</b>	10/25 <b>NO SCHOOL</b>
<p><b><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u></b>            Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)            Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch.  <u>A complete breakfast and lunch are FREE to every student!!</u></p>		<p>Grams of carbohydrate for each food are listed as (g).            † Dairy-free entrée            &lt;&gt; Plant-based entrée            Pork, seafood, and nut-containing products are not offered.            Menu is subject to change.            This institution is an equal opportunity provider, employer, and lender.</p>		

Revised 8/23/2019

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