

APRIL 2019



Wethersfield Breakfast Menu

Choose 3 or more different items with 1 being a 1/2c fruit/juice to count as a reimbursible meal. Grains – Fruits -Milk (Some entrees may count as 2 items.)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Blueberry Muffin Pears Cereal, Juice , Milk	2 Mini Cinnis Oranges Slices Juice, Milk	3 Cereal Yogurt Peaches Juice, Milk	4 Breakfast Pizza Mixed Fruit Juice, Milk	5 Breakfast Frudel Apple Sauce Juice, Milk
8 Raspberry Churrio Pears Cereal, Juice , Milk	9 Sausage Pancake on a Stick Mandarin Oranges	10 Cereal Yogurt Peaches Juice, Milk	11 Mini Pancakes Apple Sauce Juice, Milk	12 English Muffin with Egg & Cheese Mixed Fruit Juice, Milk
15 Blueberry Muffin Pears Cereal, Juice , Milk	16 Mini French Toast Mandarin Oranges Juice, Milk	17 Cereal Yogurt Peaches Juice, Milk	18 Breakfast Pizza Mixed Fruit Juice, Milk	19 No School
22 No School	23 WGR Breakfast Donut Orange Slices Cereal, Juice, Milk	24 Cereal Yogurt Peaches Juice, Milk	25 Mini Blueberry Waffles Apple Sauce Juice, Milk	26 Breakfast Pizza Mixed Fruit Juice, Milk
29 Blueberry Muffin Pears Cereal, Juice , Milk	30 Breakfast Frudel Oranges Slices Juice, Milk	DID YOU KNOW... April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.		

Have a Better Day with our Better School Breakfast Tray.

Breakfast starts at 7:30am and ends at 7:50am.

School Start:
 Grades 7-12 7:55am
 Grades K-6 8:00am

Breakfast \$2.10 (K-12)

Alacarte
 Milk /4 oz Juice .65
 Cereal /Fruit .80
 Entrees \$1.50 (7-12)
 Water/Juice .80/\$1.00

We offer 100% juice with no sugar added and choices of fat free flavored milk and one percent or fat free unflavored milk.

All grains are whole grain rich.

450-500 average weekly calories per day based on a 5 day week

Less than 540grams average weekly sodium per day based on a 5 day week.

Your student may choose three or more food items to count as a reimbursible meal with one being a 1/2c fruit or juice.

This institute is an equal opportunity provider.

