

December 2018

Wethersfield Breakfast Menu

Choose 3 or more items with 1 being a 1/2c fruit/juice to count as a reimbursible meal. Grains - Fruits -Milk (5 items offered daily, some entrees may count as 2 items.)

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 \$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.

Monday

Raspberry Churrio

3

Pears

Cereal, Juice, Milk

Mini Cinnamon Donut Bites

10

Pears

Cereal, Juice,

Blueberry Muffin

17

Pears

Cereal, Juice,

No School

24

Happy Winter Break!

No School

31

Tuesday

Sausage Pancake on a Stick

4

Mandarin Oranges

Milk

Ultimate Breakfast Round

11

Oranges Slices

Juice, Milk

Mini Bagels w/ Cream Cheese

18

Oranges Slices

Juice, Milk

No School

25

Wednesday

Cereal

5

Yogurt

Peaches

Juice, Milk

Cereal

12

Yogurt

Peaches

Juice, Milk

Mini French Toast

19

Apple Sauce

Juice, Milk

No School

26

Thursday

Mini Maple Pancakes

6

Apple Sauce

Juice, Milk

Chocolate Filled Crescent

13

Apple Sauce

Juice, Milk

Breakfast Pizza

20

Mixed Fruit

Juice, Milk

No School

27

Friday

English Muffin with Egg & Cheese

7

Mixed Fruit

Juice, Milk

Breakfast Pizza

14

Mixed Fruit

Juice, Milk

Cereal

21

Yogurt

Peaches

Juice, Milk

No School

28

Did you know...

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.