

JANUARY 2019

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.)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

1

No School

2

No School

3

No School

4

No School

7

Blueberry Muffin

8

Cereal

Juice, Milk

Cereal

Yogurt

Peaches

Juice, Milk

Mini Blueberry Waffles

10

Apple Sauce

Juice, Milk

Breakfast Pizza

11

Mixed Fruit

Juice, Milk

Mini Cinnamon Donut Bites

14

Pears

Cereal, Juice, Milk

Sausage Pancake on a Stick

15

Mandarin Oranges

Juice, Milk

Cereal

Yogurt

Peaches

Juice, Milk

Mini French Toast

17

Apple Sauce

Juice, Milk

English Muffin

w/ Egg & Cheese

Mixed Fruit

Juice, Milk

No School

21

Chocolate Filled Crescent

Mandarin Oranges

Juice, Milk

Cereal

Yogurt

Peaches

Juice, Milk

Cherry Frudel

24

Apple Sauce

Juice, Milk

Breakfast Pizza

25

Mixed Fruit

Juice, Milk

Blueberry Muffin

28

Pears

Cereal, Juice, Milk

Ultimate Breakfast Round

29

Mandarin Oranges

Juice, Milk

Cereal

Yogurt

Peaches

Juice, Milk

Mini Strawberry Pancakes

31

Apple Sauce

Juice, Milk

DID YOU KNOW...
January's gem is garnet which represents constancy.

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.