

MARCH 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

DID YOU KNOW...

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."

National School Breakfast Week. March 4th-8th "Start Your Engines"

<p>4</p> <p>Choice of Muffin Pears Cereal, Juice , Milk</p>	<p>5</p> <p>Sausage Pancake on a Stick Apple Sauce Juice, Milk</p>	<p>6</p> <p>Pretzel w/ Cheese Sauce Mandarin Oranges Juice, Milk</p>	<p>7</p> <p>Breakfast Pizza Mixed Fruit Juice, Milk</p>	<p>1</p> <p>Breakfast Pizza Mixed Fruit Juice, Milk</p>
<p>11</p> <p>Blueberry Muffin Pears Cereal, Juice , Milk</p>	<p>12</p> <p>WGR Donut Mandarin Oranges Juice, Milk</p>	<p>13</p> <p>Mini French Toast Oranges slices Juice, Milk</p>	<p>14</p> <p>Breakfast Pizza Mixed Fruit Juice, Milk</p>	<p>8</p> <p>Cereal Yogurt Peaches Juice, Milk</p>
<p>18</p> <p>Raspberry Churrio Pears Cereal, Juice , Milk</p>	<p>19</p> <p>Mini Pancakes Mandarin Oranges Juice, Milk</p>	<p>20</p> <p>Breakfast Frudel Apple Sauce Juice, Milk</p>	<p>21</p> <p>English Muffin w/ Egg & Cheese Mixed Fruit Juice, Milk</p>	<p>15</p> <p>Cereal Yogurt Peaches Juice, Milk</p>
<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>	<p>22</p> <p>Cereal Yogurt Peaches Juice, Milk</p>
<p>29</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>29</p> <p>No School</p>	<p>29</p> <p>No School</p>

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 \$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.