

MAY 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

DID YOU KNOW...

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.



Raspberry Churrio **6**

Pears

Cereal, Juice ,
Milk

Sausage Pancake
on a Stick **7**

Mandarin
Oranges

Juice, MILK

Cereal **1**

Yogurt

Peaches

Juice, Milk

Breakfast Frudel **2**

Apple Sauce

Juice, Milk

Breakfast Pizza **3**

Mixed Fruit

Juice, Milk

Blueberry Muffin **13**

Pears

Cereal, Juice ,
Milk

Breakfast Frudel **14**

Mandarin
Oranges

Juice, Milk

Cereal **8**

Yogurt

Peaches

Juice, Milk

Mini Pancakes **9**

Apple Sauce

Juice, Milk

Breakfast Pizza **10**

Mixed Fruit

Juice, Milk

Blueberry Muffin **20**

Pears

Cereal, Juice ,
Milk

Whole Grain Donut **21**

Mandarin
Oranges

Juice, Milk

Cereal **15**

Yogurt

Peaches

Juice, Milk

Mini French Toast **16**

Applesauce

Juice, Milk

Breakfast Pizza **17**

Mixed Fruit

Juice, Milk

Blueberry Muffin **27**

Pears

Cereal, Juice ,
Milk

Food Service Choice **28**

Fruit

Juice, Milk

Cereal **22**

Yogurt

Peaches

Juice, Milk

Mini Waffles **23**

Apple Sauce

Juice, Milk

Breakfast Pizza **24**

Mixed Fruit

Juice, Milk

No School **27**

Food Service Choice **29**

Fruit

Juice, Milk

Food Service Choice **30**

Fruit

Juice, Milk

Food Service Choice **31**

Fruit

Juice, Milk