

NOVEMBER 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.)

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

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.

Blueberry Muffin

5

Pears

Cereal, Juice, Milk

Sausage Pancake on a Stick

6

Mandarin Oranges

Cereal

7

Yogurt

Peaches

Juice, Milk

Apple Frudel

1

Apple Sauce

Juice, Milk

English Muffin w/ Egg & Cheese

2

Mixed Fruit

Juice, Milk

Mini Strawberry Pancakes

8

Apple Sauce

Juice, Milk

Breakfast Pizza

9

Mixed Fruit

Juice, Milk

Mini Cinnamon Donut Bites

12

Pears

Cereal, Juice,

Chocolate Filled Crescent

13

Oranges Slices

Juice, Milk

Cereal

14

Yogurt

Peaches

Juice, Milk

Mini French Toast

15

Applesauce

Juice, Milk

Egg & Bacon Breakfast Bosco

16

Mixed Fruit

Juice, Milk

Raspberry Churrio

19

Pears

Cereal, Juice,

Cereal

20

Yogurt

Peaches

Juice, Milk

No School

21

No School

22

No School

23

Blueberry Muffin

26

Pears

Cereal, Juice, Milk

Mini Cinnis

27

Orange Slices

Juice, Milk

Cereal

28

Yogurt

Peaches

Juice, Milk

Apple Frudel

29

Apple Sauce

Juice, Milk

Breakfast Pizza

30

Mixed Fruit

Juice, Milk