

Grades PK-12

2020-21 Breakfast Cycle Menu

For Breakfast only: Meat/Meat
Alternates credit as Grain
Alternates

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Early Bird Sandwich 2 WGR / 1.75 GA</p> <p style="text-align: center;">OR</p> <p>Breakfast Pizza 1.5 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>French Toast 1 WGR / 1 GA <i>or</i> 2.25 WGR</p> <p style="text-align: center;">Sausage 1 GA</p> <p style="text-align: center;">OR</p> <p>Monte Cristo Sandwich 2 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Power Breakfast Biscuit 2 EG, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC)</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>*Cinnamon Roll 2 WGR Sausage 1 GA</p> <p style="text-align: center;">OR</p> <p>Sausage Kolache 1 WGR / 1 GA Cheese Stick or Cubes 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>
Week 2	<p>Pancakes 2 WGR Bacon (NC)</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Sunrise Sandwich 2 WGR / 1.5 GA</p> <p style="text-align: center;">OR</p> <p>Cheesy Toast 1 WGR / 1 GA Sausage 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Chicken-n-Biscuit 2 EG / .5 WGR / 1 GA <i>or</i> 2 WGR / .75 GA</p> <p style="text-align: center;">OR</p> <p>Breakfast Pizza 1.5 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Oatmeal 1 WGR Cinnamon Toast 1 WGR</p> <p style="text-align: center;">OR</p> <p>*Breakfast Strudel 2 WGR <i>or</i> Breakfast Bread 2 WGR</p> <p>Yogurt 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Breakfast Burrito 1 EG / 1.5 GA <i>or</i> 1 WGR / 1 GA</p> <p>Hash Browns (NC)</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>
Week 3	<p>Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA</p> <p style="text-align: center;">OR</p> <p>*Breakfast Cookie 2 WGR Yogurt 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Cheese Omelet 2 GA Toast 1 WGR <i>OR</i> Cheese Omelet Wrap 1 EG / 2 GA</p> <p style="text-align: center;">OR</p> <p>Breakfast Taquito 1.25 WGR / .75 GA <i>or</i> 1 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Waffles 2 WGR Sausage 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>Breakfast Pizza 1.5 WGR / 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>	<p>*Donut <i>OR</i> *Donut Holes 2 WGR Sausage 1 GA</p> <p style="text-align: center;">OR</p> <p>French Toast 1 WGR / 1 GA <i>or</i> 2.25 WGR Sausage 1 GA</p> <p>1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety</p>
<i>Optional entrée choices that may be offered in addition to the above items</i>					
Offered Weekly	<p>Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR</p>	<p>*Cereal Bar 1 WGR Yogurt 1 GA</p>	<p>Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR</p>	<p>*Cereal Bar 1 WGR Yogurt 1 GA</p>	<p>Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR</p>
	<p>*Breakfast Round 2 WGR Yogurt 1 GA</p>	<p>*Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA</p>	<p>*Breakfast Parfait <i>OR</i> Banana Split 1 WGR / 1 GA / 1/2 c F</p>	<p>Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA</p>	<p>*Breakfast Round 2 WGR Yogurt 1 GA</p>
	<p>Muffin 1 WGR Yogurt 1 GA</p>	<p style="text-align: center;">PBJ 1 WGR / 1 GA</p>	<p>Muffin 1 WGR Yogurt 1 GA</p>	<p style="text-align: center;">PBJ 1 WGR / 1 GA</p>	<p>Muffin 1 WGR Yogurt 1 GA</p>

** indicates menu items not allowed for PreK students.*
Other notes: PK can only be served juice once per day over all meals and snacks.
Only unflavored 1% or unflavored fat-free milk can be served to PK.
Offer vs. Serve is not allowed for PK unless comingling.

Revised 05/01/2020

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	Pancakes 2 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 EG / 1.5 GA or 1 WGR / 1 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Power Breakfast Biscuit (2 EG), Gravy (NC) Scrambled Eggs 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA OR Breakfast Bread 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Morning Griddle Sandwich 1.5 WGR / 1.25 GA OR Breakfast Sandwich 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
	Waffles 2 WGR Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sausage, Egg, and Cheese Biscuit 2 EG / 2.25 GA OR Breakfast Taquito 1.25 WGR / .75 GA or 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	* Cinnamon Roll 2 WGR Sausage 1 GA OR Cheesy Toast 1 WGR / 1 GA Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 EG Gravy (NC) Scrambled Eggs 1 GA OR "Mascot" Breakfast 1 WGR / 1.5 GA or 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
	Sausage Biscuit 2 EG / 1 GA or 2 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 EG / 1.5 GA or 2 WGR / 1.5 GA OR Breakfast Burrito 1 EG / 1.5 GA or 1 WGR / 1 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Chicken-n-Waffles 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	* Stuffed Bagel 2 WGR Sausage 1 GA OR Pancakes 2 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	* Dutch Waffle 2 WGR Bacon (NC) OR French Toast 1 WGR / 1 GA or 2.25 WGR Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Optional entrée choices that may be offered in addition to the above items					
Offered Weekly	Cereal Variety 1 or 2 WGR Toast 1 WGR	* Cereal Bar 1 WGR Yogurt 1 GA	Cereal Variety 1 or 2 WGR Toast 1 WGR	* Cereal Bar 1 WGR Yogurt 1 GA	Cereal Variety 1 or 2 WGR Toast 1 WGR
	* Breakfast Round 2 WGR Yogurt 1 GA	* Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA	* Breakfast Parfait OR Banana Split 1 WGR / 1 GA / 1/2 c F	Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA	* Breakfast Round 2 WGR Yogurt 1 GA
	Muffin 1 WGR Yogurt 1 GA	PBJ 1 WGR / 1 GA	Muffin 1 WGR Yogurt 1 GA	PBJ 1 WGR / 1 GA	Muffin 1 WGR Yogurt 1 GA

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