

SEPTEMBER/OCTOBER-2022 **SCHOOL BREAKFAST MENU**

Day 1	Day 2	Day 3	Day 4	Day 5
Monday 09/12/22	Tuesday 09/13/22	Wednesday 09/14/22	Thursday 09/15/22	Friday 09/16/22
Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR Biscuits Turkey Links Fruit or 100% Juice 1 cup Variety Milk 8oz	Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR Blueberry Muffin Fruit or 100% Juice 1 cup Variety Milk 8oz
Monday 09/19/22	Tuesday 09/20/22	Wednesday 09/21/22	Thursday 09/22/22	Friday 09/23/22
Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR French Toast Turkey Bacon Fruit or 100% Juice 1 cup Variety Milk 8oz	Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	Hot Cereal Grits or Oatmeal 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR Bagel w/Cream Cheese Fruit or 100% Juice 1 cup Variety Milk 8oz
Monday 09/26/22	Tuesday 09/27/22	Wednesday 09/28/22	Thursday 09/29/22	Friday 09/30/22
NO SCHOOL	WGR Pancakes Turkey Links Fruit or 100% Juice 1 cup Variety Milk 8oz	Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR Fruit Pop Tart 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz
Monday 10/03/22	Tuesday 10/04/22	Wednesday 10/05/22	Thursday 10/06/22	Friday 10/07/22
Cereal Bowl (WGR) 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR French Toast Turkey Bacon Fruit or 100% Juice 1 cup Variety Milk 8oz	NO SCHOOL	Hot Cereal Grits or Oatmeal 1cup Fruit or 100% Juice 1 cup Variety Milk 8oz	WGR Bagel w/Cream Cheese Fruit or 100% Juice 1 cup Variety Milk 8oz