Wayne Highlands March/April Breakfast Menu

Ryne Spaulding, Food Service Director Email: Rspaulding@whsdk12.com Phone: 570-253-6083

Nutrition 1	
Group	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	Waffles	13 Sausage Egg and Cheese	14 Pancake and Sausage	15 Bacon, Egg and Cheese	16 French Toast and
	and Maple Syrup	On a Bagel	Wrap	On a Bagel	Maple Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
19	Waffles	20 Sausage Egg and Cheese	21 Pancake and Sausage	22 Bacon, Egg and Cheese	23 French Toast and
	and Maple Syrup	On a Bagel	Wrap	On a Bagel	Maple Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
26	Waffles	27 Sausage Egg and Cheese	28 Pancake and Sausage	29 Bacon, Egg and Cheese	30
	and Maple Syrup	On a Bagel	Wrap	On a Bagel	No School
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	
	Fruit	Fruit	Fruit	Fruit	
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	
			12:30 Dismissal		
April 2		3 Sausage Egg and Cheese	4 Pancake and Sausage	5	6
		On a Bagel	Wrap	Bacon, Egg and Cheese	French Toast and Maple
	No School	Chilled Juice	Chilled Juice	On a Bagel	Syrup
		Fruit	Fruit	Chilled Juice	Chilled Juice
		Low Fat Milk	Low Fat Milk	Fruit	Fruit
				Low Fat Milk	Low Fat Milk
9	Waffles	10 Sausage Egg and Cheese	11 Pancake and Sausage	12 Bacon, Egg and Cheese	13 French Toast and Mapl
9	and Maple Syrup	On a Bagel	Wrap	On a Bagel	Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
	LOW I ALIVIIIK	LOW I AL IVIIIK	LOW FALIVIIIK	LOW FALIVIIIN	LOW FALIVIIIK

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

General Mills assorted cereal served every day

Alternate Options May Include: Banana or Blueberry Muffins Chocolate Chip Oatmeal Breakfast Bar Fortified Breakfast Pastries Bagels ogurt & Toast

/ariety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate. Fat Free White and Low Fat White





Meal Prices: Paid \$2.00 Reduced \$.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Secondary March/April Breakfast Menu

Ryne Spaulding, Food Service Director Email: Rspaulding@whsdk12.com

Phone: 570-253-6083



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12		13 Waffles	14 Pancake and Sausage	15 French Toast and	16 Mini Pancakes with
	Hot Apple Frudel	and Maple Syrup	Wrap	Maple Syrup	Maple Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
19		20 Waffles	21 Pancake and Sausage	22 French Toast and	23 Mini Pancakes with
	Hot Apple Frudel	and Maple Syrup	Wrap	Maple Syrup	Maple Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
26		27 Waffles	28 Pancake and Sausage	29 French Toast and	30
	Hot Apple Frudel	and Maple Syrup	Wrap	Maple Syrup	No School
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	
	Fruit	Fruit	Fruit	Fruit	
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	
			12:30 Dismissal		
Apr	il 2	3 Waffles	4 Pancake and Sausage	5 French Toast and	6 Mini Pancakes with
	No School	and Maple Syrup	Wrap	Maple Syrup	Maple Syrup
		Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
		Fruit	Fruit	Fruit	Fruit
		Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
9		10 Waffles	11 Pancake and Sausage	12 French Toast and	13 Mini Pancakes with
3	Hot Apple Frudel	and Maple Syrup	Wrap	Maple Syrup	Maple Syrup
	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice	Chilled Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk	Low Fat Milk
Sa	usage, Egg and Cheese on a Bagel	Bacon, Egg and Cheese on a English Muffin	Ham, Egg and Cheese on a Biscuit	Breakfast Chicken Sandwich	Bacon Egg and Cheese on a Bagel

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

General Mills assorted cereal served every day

Alternate Options May Include: Banana or Blueberry Muffins Chocolate Chip Oatmeal Breakfast Bar Fortified Breakfast Pastries Bagels Yogurt & Toast Smoothies

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate. Fat Free White and Low Fat White

Proud to manage your food service program Nutrition



Meal Prices: Paid \$2.00 Reduced \$.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE