

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**FREE FREE FREE FREE**  
**BREAKFAST & LUNCH MEALS**  
**FOR ALL STUDENTS**

National School Lunch Week October 11th-15th



★ Breakfast Breaks: **1**  
 Cinnamon Toast Crunch (V)   
 or Cocoa Puffs (V)   
 or Honey Nut Cheerios (V)   
 Fresh Fruit

Cinnamon Roll (V)★ **4**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toas Crunch (V)   
 or Honey Nut Creerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Sliced Bagel/Cream Cheese (V) **5**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Egg, Cheese & Beef Burrito ★ **6**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Ardela's Pillow Pull Apart ★ (V) **7**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Banana Bread ★ (V) **8**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit



**11**

Sliced Bagel/Cream Cheese (V) **12**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Egg, Cheese & Beef Burrito ★ **13**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Ardela's Pillow Pull Apart ★ (V) **14**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

Banana Bread ★ (V) **15**  
 Breakfast Breaks: Cocoa Puffs (V)   
 or Cinnamon Toast Crunch (V)   
 or Honey Nut Cheerios (V)   
 or Blueberry Muffins (V)   
 or Strawberry Yogurt (V)   
 Fresh Fruit

**Menu Key:**

- Vegetarian (V)
- Contains Pork
- Contains Beef
- New Item ★
- Whole Grain
- Organic @

**All Meals Served Daily With:**

- Choice of 1% Organic Milk or Lactaid Milk
- Choice of Fruit
- All Bread and Grains are Whole Grain
- Students Can Choose All Sides**

**21/22 SCHOOL YEAR, BREAKFAST & LUNCH IS BEING SERVED AT NO CHARGE TO ALL STUDENTS. OUR MENUS ARE CAREFULLY PLANNED WITH A VARIETY OF FRESH FRUITS, VEGETABLES AND WHOLE GRAIN ITEMS WHICH WILL BE FRESH, LOCAL AND CERTIFIED ORGANIC WHENEVER POSSIBLE.**

# WCCUSD OCTOBER 2021

# ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>French Toast</b> (V)★ 18 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toas Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Turkey &amp; Ham Cheese Sandwich</b> 19 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Chicken &amp; Biscuit</b> ★ 20 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Mini Pancakes</b> ★(V) 21 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Grilled Cheese</b> ★(V) 22 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit
<b>Mini Strawberry Bage</b> (V)★ 25 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toas Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Egg, Cheese &amp; Beef Burrito</b> ★(V) 26 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Bear Paw Apple Cinnamon</b> ★(V) 27 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Cinnamon Roll</b> ★(V) 28 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit	<b>Banana Bread</b> ★(V) 29 Breakfast Breaks: <b>Cocoa Puffs</b> (V) or <b>Cinnamon Toast Crunch</b> (V) or <b>Honey Nut Cheerios</b> (V) or <b>Blueberry Muffins</b> (V) or <b>Strawberry Yogurt</b> (V) Fresh Fruit



**In Season.....**

Apples	Brussels	Garlic	Parnips	Sprouts
Banabas	Carrots	Ginger	Pears	Sweet Potatoes & Yams
Beets	Cauliflower	Grapes	Pineapple	Winter Squash
Broccoli	Cranberries	Mushrooms	Pumpkins	



This institution is an equal opportunity provider.