

JANUARY 2018

Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - Jan 9 - 12	Early Bird Sandwich 2 WGR / 1.75 GA OR Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Chicken-n-Biscuit 2.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Cinnamon Roll or Biscuit 2 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 2 - Jan 15 - 19	Pancakes 2.25 WGR Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sunrise Sandwich 2 WGR / 1.25 GA OR Cheesy Toast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Oatmeal 1 WGR Cinnamon Toast 1.75 or 2 WGR OR *Breakfast Strudel 2 WGR or Breakfast Bread 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 3 - Jan 22 - 26	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Cheese Omelet 2 GA Toast 1 WGR OR Breakfast Taquito 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Waffles 2 WGR Sausage 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	*Donut, *Donut Holes, or French Toast 2 WGR or 1 WGR / 1 GA Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
<i>Optional entrée choices that may be offered in addition to the above items</i>					
Offered Weekly	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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

FEBRUARY 2018

Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 - Jan 29 - Feb 2	Pancakes 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR 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 Spice Muffins 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Club 1.5 WGR / 1.25 GA OR Egg and Cheese Sandwich 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 5 - Feb 5 - 9	Waffles 2 WGR Bacon (NC) 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	Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sausage, Egg, and Cheese Sandwich 2 WGR / 2 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA OR Pita Pocket Breakfast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 6 - Feb 12 - 16	Sausage Biscuit 2 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 WGR / 1.5 GA OR Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 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 or Pancakes 2 WGR or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Dutch Waffle or French Toast 2 WGR or 1 WGR / 1 GA 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	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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

FEBRUARY 2018

MARCH 2018

Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - Feb 19 - 23	Early Bird Sandwich 2 WGR / 1.75 GA OR Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Chicken-n-Biscuit 2.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Cinnamon Roll or Biscuit 2 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 2 - Feb 26 - Mar 2	Pancakes 2.25 WGR Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sunrise Sandwich 2 WGR / 1.25 GA OR Cheesy Toast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Oatmeal 1 WGR Cinnamon Toast 1.75 or 2 WGR OR *Breakfast Strudel 2 WGR or Breakfast Bread 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 3 - Mar 5 - 9	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Cheese Omelet 2 GA Toast 1 WGR OR Breakfast Taquito 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Waffles 2 WGR Sausage 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	*Donut, *Donut Holes, or French Toast 2 WGR or 1 WGR / 1 GA Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
<i>Optional entrée choices that may be offered in addition to the above items</i>					
Offered Weekly	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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



Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 - Mar 12 - 19	Pancakes 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR 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 Spice Muffins 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Club 1.5 WGR / 1.25 GA OR Egg and Cheese Sandwich 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 5 - Mar 26 - 30	Waffles 2 WGR Bacon (NC) 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	Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sausage, Egg, and Cheese Sandwich 2 WGR / 2 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA OR Pita Pocket Breakfast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 6 - Apr - 2 - 6	Sausage Biscuit 2 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 WGR / 1.5 GA OR Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 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 or Pancakes 2 WGR or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Dutch Waffle or French Toast 2 WGR or 1 WGR / 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
<i>Optional entrée choices that may be offered in addition to the above items</i>					
Offered Weekly	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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

APRIL 2018

Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - Apr 9 - 13	Early Bird Sandwich 2 WGR / 1.75 GA OR Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Chicken-n-Biscuit 2.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Cinnamon Roll or Biscuit 2 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 2 - Apr 16 - 20	Pancakes 2.25 WGR Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sunrise Sandwich 2 WGR / 1.25 GA OR Cheesy Toast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Oatmeal 1 WGR Cinnamon Toast 1.75 or 2 WGR OR *Breakfast Strudel 2 WGR or Breakfast Bread 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 3 - Apr 23 - 27	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Cheese Omelet 2 GA Toast 1 WGR OR Breakfast Taquito 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Waffles 2 WGR Sausage 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	*Donut, *Donut Holes, or French Toast 2 WGR or 1 WGR / 1 GA Sausage 1 GA 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	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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

MAY 2018

Grades PK-12

2017-18 Breakfast Cycle Menu

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 - Apr 30 - May 4	Pancakes 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR 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 Spice Muffins 2 WGR Yogurt 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Club 1.5 WGR / 1.25 GA OR Egg and Cheese Sandwich 1.25 WGR / .75 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 5 - May 7 - 11	Waffles 2 WGR Bacon (NC) 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	Breakfast Pizza 1.5 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Sausage, Egg, and Cheese Sandwich 2 WGR / 2 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Biscuit 2 WGR Gravy Scrambled Eggs 1 GA OR Pita Pocket Breakfast 1 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 6 - May 14 - 18	Sausage Biscuit 2 WGR / 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 WGR / 1.5 GA OR Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 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 or Pancakes 2 WGR or 2.25 WGR Sausage 1 GA 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Dutch Waffle or French Toast 2 WGR or 1 WGR / 1 GA Bacon (NC) 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
<i>Optional entrée choices that may be offered in addition to the above items</i>					
Offered Weekly	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR	*WGR Cereal Bar 1 WGR Yogurt 1 GA	WGR Cereal Variety 1 WGR Toast 1 WGR
	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Strudel 2 WGR Cheese Stick 1 GA	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F	*Breakfast Crackers 1 WGR Cheese Stick 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