

2021-2022 Cafeteria Breakfast Menu



MEAL PRICING:

Full Price Breakfast

Free-Reduced Breakfast

FREE

FREE

CAFETERIA BREAKFAST MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 12/6, 12/20, 1/3, 1/17, 1/31, 2/14, 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23	<u>Hot Breakfast</u> Egg/Cheese Sandwich <u>Grab & Go</u> Cheerios Cereal Keebler Grahams Cherry Cocoa Bar Beef Stick Peach Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Cinnamon Roll <u>Grab & Go</u> Cocoa Puff Cereal Cheez-It Crackers Cheese Stick Beef Stick Mixed Fruit Cup Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> School Donut <u>Grab & Go</u> Trix Cereal Keebler Cinnamon Donut Beef Stick Apple Slices Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> Bagel Bites <u>Grab & Go</u> Cinn. Toast Cereal Keebler Cinnamon Cheese Stick Beef Stick Applesauce Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Cinn. Pancake <u>Grab & Go</u> Lucky Charm Cereal Straw. Mini Bites Yogurt Beef Stick Grapes Fruit Punch Juice Milk (Variety)
WEEK 2 12/13, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16	<u>Hot Breakfast</u> Cherry Cocoa Bar <u>Grab & Go</u> Froot Loop Cereal Keebler Grahams Cherry Cocoa Bar Beef Stick Peach Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Apple Churros <u>Grab & Go</u> Cocoa Puff Cereal Cheez-It Crackers Cheese Stick Beef Stick Mixed Fruit Cup Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> School Donut <u>Grab & Go</u> Trix Cereal Keebler Cinnamon Donut Beef Stick Apple Slices Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> Egg Taco <u>Grab & Go</u> Cinn. Toast Cereal Keebler Cinnamon Cheese Stick Beef Stick Applesauce Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Cinnamon Toast Bar <u>Grab & Go</u> Lucky Charm Cereal Straw. Mini Bites Yogurt Beef Stick Grapes Fruit Punch Juice Milk (Variety)
*Cereal is offered with Hot Breakfast.					

Grab n Go Breakfast Lines:

FRUITS

Fruit of the Day
 ½ c Fruit Juice

2 GRAINS

Whole Grain Breakfast Items

MILK

Half pint

1% or fat free

PROTEIN

(extra) Yogurt,
 Beef Stick
 or Cheese Stick

Subject to change due to snow days or product availability.

NUTRITION BITES:

All breakfast lines include choice of 100% juice, fruit selection and low fat or fat-free milk.

Grab n Go breakfast to the classroom at all Monongalia County Schools offers an alternative breakfast selection. Students eating breakfast are more alert in class and ready to achieve. Grab n Go Breakfast after 1st period is also offered at high schools and middle schools.

