



Pre-K & Headstart Menu Breakfast Fall 2023

DATES	Mon	Tue	Wed	Thu	Fri
08/07-08/11	WG Assorted Cereal Bar 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Frudel 1 EACH	Pork Sausage Patty 1 EACH	WG Assorted Muffin 1 EACH
09/04-09/08					
10/02-10/06	WG Graham Crackers 1 EACH	Fresh Banana 1 EACH	Fresh Apple 1 EACH	Brown Rice 1/2 CUP	Fresh Apple 1 EACH
10/30-11/03					
11/27-12/01	Assorted Fruit 1 EACH			Fresh Orange 1 EACH	
08/14-08/18	Assorted Benefit Bar 1 EACH	WG Biscuit 1 EACH	Assorted Frudel 1 EACH	WG Assorted Cereal Bar 1 EACH	Waffles 2 EACH
09/11-09/15					
10/09-10/13	Fresh Apple 1 EACH	Bacon & Egg Patty 1 EACH	Fresh Apple 1 EACH	WG Graham Crackers 1 EACH	Syrup 1 EACH
11/06-11/10					
12/04-12/08		Fresh Banana 1 EACH		Fresh Orange 1 EACH	Fresh Apple 1 EACH
08/21-08/25	Assorted Cereal Bar 1 EACH	Pork Sausage Patty 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Mini Pancakes 1 EACH	Assorted Trix Yogurt 1 EACH
09/18-09/22					
10/16-10/20	WG Graham Crackers 1 EACH	Biscuit 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	WG Graham Crackers 1 EACH
11/13-11/17					
12/11-12/15	Fresh Apple 1 EACH	Fresh Banana 1 EACH			Fresh Apple 1 EACH
08/28-09/01	Assorted Stuffed Bagel 1 EACH	Breakfast on a Stick 1 EACH	Brown Fried Rice W/ Ham & Eggs 1 CUP	Assorted Cereal Bar 1 EACH	Cheese Omelet 1 EACH
09/25-09/29					
10/23-10/27	Fresh Apple 1 EACH	Syrup 1 EACH	Fresh Apple 1 EACH	WG Graham Crackers 1 EACH	Brown Rice 1/2 CUP
11/20-11/24		Fresh Banana 1 EACH		Fresh Orange 1 EACH	Fresh Apple 1 EACH

Gossner 1% White Milk served daily

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.





K-8 Breakfast Menu Fall 2023

DATES	Mon	Tue	Wed	Thu	Fri
08/07-08/11	WG Assorted Cereal Bar 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Frudel 1 EACH	Pork Sausage Patty 1 EACH	WG Assorted Muffin 1 EACH
09/04-09/08	Assorted Fruit 1 EACH	Fresh Banana 1 EACH	Fresh Apple 1 EACH	Brown Rice 1/2 CUP	Fresh Apple 1 EACH
10/02-10/06				Fresh Orange 1 EACH	
10/30-11/03				Apple Juice 1 EACH	
11/27-12/01					
08/14-08/18	Assorted Benefit Bar 1 EACH	WG Biscuit 1 EACH	Assorted Frudel 1 EACH	WG Assorted Cereal Bar 1 EACH	Waffles 2 EACH
09/11-09/15	Fresh Apple 1 EACH	Bacon & Egg Patty 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	Syrup 1 EACH
10/09-10/13		Fresh Banana 1 EACH			
11/06-11/10		Grape Juice 1 EACH			
12/04-12/08					
08/21-08/25	Assorted Cereal Bar 1 EACH	Pork Sausage Patty & Cheese 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Mini Pancakes 1 EACH	Assorted Trix Yogurt 1 EACH
09/18-09/22	Fresh Apple 1 EACH	WG Biscuit 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	WG Graham Crackers 1 EACH
10/16-10/20		Fresh Banana 1 EACH			
11/13-11/17		Orange Juice 1 EACH			
12/11-12/15					
08/28-09/01	Assorted Stuffed Bagel 1 EACH	Breakfast on a Stick 1 EACH	Brown Fried Rice W/ Ham & Eggs 1 CUP	Assorted Cereal Bar 1 EACH	Cheese Omelet 1 EACH
09/25-09/29	Fresh Apple 1 EACH	Syrup 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	Brown Rice 1/2 CUP
10/23-10/27		Fresh Banana 1 EACH			
11/20-11/24		Grape Juice 1 EACH			

Gossner Non Fat Assorted Milk and 1% White Milk served daily

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9-12 Breakfast Menu Fall 2023

DATES	Mon	Tue	Wed	Thu	Fri
08/07-08/11	WG Assorted Cereal Bar 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Frudel 1 EACH	Pork Sausage Patty 1 EACH	WG Assorted Muffin 1 EACH
09/04-09/08	Assorted Fruit 1 EACH	Fresh Banana 1 EACH	Fresh Apple 1 EACH	Brown Rice 1 CUP	Fresh Apple 1 EACH
10/02-10/06				Fresh Orange 1 EACH	
10/30-11/03				Apple Juice 1 EACH	
11/27-12/01					
08/14-08/18	Assorted Benefit Bar 1 EACH	WG Biscuit 1 EACH	Assorted Frudel 1 EACH	WG Assorted Cereal Bar 1 EACH	Waffles 2 EACH
09/11-09/15	Fresh Apple 1 EACH	Bacon & Egg Patty 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	Syrup 1 EACH
10/09-10/13		Fresh Banana 1 EACH			
11/06-11/10		Grape Juice 1 EACH			
12/04-12/08					
08/21-08/25	Assorted Cereal Bar 1 EACH	Pork Sausage Patty & Cheese 1 EACH	WG Breakfast Pizza 1 EACH	Assorted Mini Pancakes 1 EACH	Assorted Trix Yogurt 1 EACH
09/18-09/22	Fresh Apple 1 EACH	WG Biscuit 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	WG Graham Crackers 1 EACH
10/16-10/20		Fresh Banana 1 EACH			
11/13-11/17		Orange Juice 1 EACH			
12/11-12/15					
08/28-09/01	Assorted Stuffed Bagel 1 EACH	Breakfast on a Stick 1 EACH	Brown Fried Rice W/ Ham & Eggs 1 CUP	Assorted Cereal Bar 1 EACH	Cheese Omelet 1 EACH
09/25-09/29	Fresh Apple 1 EACH	Syrup 1 EACH	Fresh Apple 1 EACH	Fresh Orange 1 EACH	Brown Rice 1 CUP
10/23-10/27		Fresh Banana 1 EACH			
11/20-11/24		Grape Juice 1 EACH			

Gossner Non Fat Assorted Milk and 1% White Milk served daily

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