

Washington County Virginia
Schools
Elementary Breakfast Menu
September 2019

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School News

Make the healthy
economical choice:


Breakfast

Paid \$1.50

Reduced \$0.30

Free \$0.00

Students Choice:
One Entrée
One or Two Fruits
Students may choose
one juice as a fruit
Choice of Milk

Monday, Sept 2	Tuesday, Sept 3	Wednesday, Sept 4	Thursday, Sept 5	Friday, Sept 6
School Closed	<p><u>Choose 1</u> Pancakes Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> French Toast Sticks Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Breakfast Burrito Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>
				
Monday, Sept 9	Tuesday, Sept 10	Wednesday, Sept 11	Thursday, Sept 12	Friday, Sept 13
<p><u>Choose 1</u> Breakfast Pizza Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancakes Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> French Toast Sticks Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Yogurt Parfait Breakfast Burrito Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>





Monday, Sept 16	Tuesday, Sept 17	Wednesday, Sept 18	Thursday, Sept 17	Friday, Sept 20
<p><u>Choose 1</u> Breakfast Pizza Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancakes Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> French Toast Sticks Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Fruit Smoothie Pancake Sausage Stick Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>

Choice of Milk
1% White
1% Chocolate
Strawberry Non-Fat

A school Breakfast includes 3 components:
Fruits
Grains
Milk

Schools must offer at least four items from the three required food Components.

Students must choose at least three food items including a at least 1/2 cup serving of fruit to have a reimbursable breakfast.

Monday, Sept 23	Tuesday, Sept 24	Wednesday, Sept 25	Thursday, Sept 26	Friday, Sept 27
<p><u>Choose 1</u> Breakfast Pizza Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancakes Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> French Toast Sticks Chicken Biscuit Sausage Biscuit Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Breakfast Burrito Jamwich Goody Ring Snack Bun Mini Cinni Cereal w/graham cracker Yogurt w/graham cracker cracker</p> <p><u>Choose 1 or 2</u> Fruits</p> <p>Choice of Milk</p>

Monday, Sept 30

Choose 1
Breakfast Pizza
Jamwich
Goody Ring
Snack Bun
Mini Cinni
Cereal w/graham cracker
Yogurt w/graham cracker
Muffin w/graham cracker
Choose 1 or 2
Fruits

Choice of Milk



Get in touch with us today to learn more about free and reduced priced meals' in our district.
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www.wcs.k12.va.us

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