

Washington County Virginia  
High School  
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

**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 in-  
cluding a at least

1/2 cup serving of fruit or  
vegetable to have a reim-  
bursable breakfast.

**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   | Pancakes<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk             | Choose 1<br>Egg & Bacon Biscuit<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk | Choose 1<br>Waffles<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk<br>Choose 1 | Choose 1<br>Fruit Smoothie<br>w/graham cracker<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk |
|    |  |   |   |  |
| Monday, Sept 9  | Tuesday, Sept 10   | Wednesday, Sept 11  | Thursday, Sept 12   | Friday, Sept 13  |
| Choose 1<br>Yogurt Parfait<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit /Vegetable<br>Choice of Milk | Choose 1<br>Pancakes<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk | Choose 1<br>Egg & Bacon Biscuit<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk | Choose 1<br>Waffles<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk             | Choose 1<br>Fruit Smoothie<br>w/graham cracker<br>Chicken Biscuit<br>Sausage Biscuit<br>Steak Biscuit<br>Poptarts<br>Jamwich<br>Mini Cinni<br>Snack Bun<br>Goody Ring<br>Cereal w/graham cracker<br>Yogurt w/graham cracker<br>Muffin w/graham cracker<br>Choose 1 or 2<br>Fruit/Vegetable<br>Choice of Milk |

Get in touch with us today to learn more about free and reduced priced meals' in our district.  
 276-739-3074  
 www.wcs.k12.va.us  
 WCSHS 201909



| Monday, Sept 16  | Tuesday, Sept 17  | Wednesday, Sept 18   | Thursday, Sept 19   | Friday, Sept 20   |
|--|---|--|---|---|
| <p><u>Choose 1</u><br/>           Yogurt Parfait<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit /Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Pancakes<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Egg &amp; Bacon Biscuit<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Waffles<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cacker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Fruit Smoothie<br/>           w/graham cracker<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> |

| Monday, Sept 23  | Tuesday, Sept 24  | Wednesday, Sept 25   | Thursday, Sept 26   | Friday, Sept 27   |
|--|---|--|---|---|
| <p><u>Choose 1</u><br/>           Yogurt Parfait<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit /Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Pancakes<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Egg &amp; Bacon Biscuit<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Waffles<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cacker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> | <p><u>Choose 1</u><br/>           Fruit Smoothie<br/>           w/graham cracker<br/>           Chicken Biscuit<br/>           Sausage Biscuit<br/>           Steak Biscuit<br/>           Poptarts<br/>           Jamwich<br/>           Mini Cinni<br/>           Snack Bun<br/>           Goody Ring<br/>           Cereal w/graham cracker<br/>           Yogurt w/graham cracker<br/>           Muffin w/graham cracker</p> <p><u>Choose 1 or 2</u><br/>           Fruit/Vegetable</p> <p>Choice of Milk</p> |

**Monday, Sept. 30**

Choose 1  
 Yogurt Parfait  
 Chicken Biscuit  
 Sausage Biscuit  
 Steak Biscuit  
 Poptarts  
 Jamwich  
 Mini Cinni  
 Snack Bun  
 Goody Ring  
 Cereal w/graham cracker  
 Yogurt w/graham cracker  
 Muffin w/graham cracker

Choose 1 or 2  
 Fruit /Vegetable

Choice of Milk

