

Washington County Virginia  
**Middle 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  
 reimbursable 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  	<p><u>Choose 1</u>            Pancakes            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Egg &amp; Bacon Biscuit            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Waffles            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Fruit Smoothie            w/graham cracker            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</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>            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</p> <p><u>Choose 1 or 2</u>            Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Pancakes            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Egg &amp; Bacon Biscuit            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Waffles            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u>            Fruit Smoothie            w/graham cracker            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</p> <p><u>Choose 1 or 2</u>            Fruit/Vegetable</p> <p>Choice of Milk</p>

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  
WCVMS 201909



Monday, Sept 16	Tuesday, Sept 17	Wednesday, Sept 18	Thursday, Sept 19	Friday, Sept 20
<p><u>Choose 1</u> 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancakes 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</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Egg &amp; Bacon Biscuit 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</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Fruit Smoothie w/graham cracker 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>

Monday, Sept 23	Tuesday, Sept 24	Wednesday, Sept 25	Thursday, Sept 26	Friday, Sept 27
<p><u>Choose 1</u> 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancakes 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</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Egg &amp; Bacon Biscuit 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</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Waffles 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Fruit Smoothie w/graham cracker 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>

Monday, Sept. 30
<p><u>Choose 1</u> 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</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>

