

# WESTERN PLACER UNIFIED SCHOOL DISTRICT

## ELEMENTARY FALL BREAKFAST MENU



### ITEMS OFFERED DAILY:

Yogurt Parfait (76g), Whole Grain Assorted Cereals (56g)  
 WG Assorted Muffins (36g),  
 1% White Milk, Non Fat Chocolate Milk (16g)  
 Fresh Fruit (18g), Canned Fruit (18g), Raisins (30g), Baby Carrots (8g)

WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>17-Aug</b>					
<b>11-Sep</b>	Mini Pancakes (35g)	Cinnamon Roll (43g)	Pancake on a Stick(55g)	Breakfast Pizza (27g)	Dutch Waffle (45g)
<b>9-Oct</b>	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)
<b>6-Nov</b>					
<b>21-Aug</b>					
<b>18-Sep</b>	French Toast (28g)	Cinnamon Roll (43g)	Dutch Waffle (45g)	Breakfast Sandwich (26g)	Breakfast Pizza (27g)
<b>16-Oct</b>	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)
<b>13-Nov</b>					
<b>28-Aug</b>					
<b>25-Sep</b>	Breakfast Pizza (27g)	Buttermilk Bar (39g)	Pancake Sausage on a Stick(55g)	French Toast (28g)	Dutch Waffle (45g)
<b>23-Oct</b>	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)
<b>20-Nov</b>					
<b>4-Sep</b>					
<b>2-Oct</b>	Breakfast	Dutch Waffle(45g)	Breakfast Sandwich (26g)	Mini Pancakes (35g)	Breakfast Pizza (27g)
<b>30-Oct</b>	Chicken Slider (33g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)	100% Fruit Juice (14g)
<b>27-Nov</b>	100% Fruit Juice (14g)				

Protein = (Meat/Meat Alternative) Whole Grains, Dairy, Fruit & Vegetables are offered daily

Each student may take a serving from each of the "5" food groups offered at Breakfast

**Breakfast Menu Pricing: \$1.75 -Full Pay \$2.75 - Adult .30 - Reduced Pay .50 - Milk**

\*\*\*\*\*MENU SUBJECT TO CHANGE\*\*\*\*\*

(Which could affect carb count)

**This institution is an equal opportunity provider.**