## Grades PK-12

## 2023-24 Breakfast Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday				
ek	<b>Breakfast Pizza</b> 1.5 WGR / 1 GA	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA OR *Dutch Waffle 2 WGR Sausage 1 GA	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC)	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA	*Cinnamon Roll 2 WGR Sausage 1 GA OR Cheesy Toast 1 WGR / 1 GA Sausage 1 GA				
Week	OR Breakfast Sandwich Choice	OR Breakfast Sandwich Choice	OR Breakfast Sandwich Choice	OR Breakfast Sandwich Choice	OR Breakfast Sandwich Choice				
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety				
* 2	Pancakes 2 WGR Bacon (NC) OR Waffles 2 WGR Bacon (NC)	Breakfast Combo  2 WGR / 1.5 GA  OR  Breakfast Taquito  1.25 WGR / .75 GA or 1 WGR / 1 GA	<b>Breakfast Pizza</b> 1.5 WGR / 1 GA	Oatmeal 1 WGR Cinnamon Toast 1 WGR OR *Breakfast Cookie 2 WGR Yogurt 1 GA	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) OR *Donut OR *Donut Holes 2 WGR Sausage 1 GA				
Week	OR Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	OR Breakfast Sandwich Choice	OR Breakfast Sandwich Choice				
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety				
	Optional entrée choices that may be offered each day <i>in addition to</i> the above items								
ekly	Cereal Variety 1 or 2 WGR  Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA	Cereal Variety 1 or 2 WGR Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA	Cereal Variety 1 or 2 WGR  Toast 1 WGR				
Offered Weekly	*Breakfast Round 2 WGR Yogurt 1 GA	Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA	*Breakfast Parfait OR Banana Split 1 WGR / 1 GA / 1/2 c F	Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA	*Breakfast Round 2 WGR Yogurt 1 GA				
Offer	Muffin 1 WGR Yogurt 1 GA	Breakfast Bread 2 WGR Yogurt 1 GA	Muffin 1 WGR Yogurt 1 GA	Breakfast Bread 2 WGR Yogurt 1 GA	Muffin 1 WGR Yogurt 1 GA				

\* Indicates menu items not allowed for PreK students unless comingling.

Other notes: PK can only be served juice once per day over all meals and snacks.

Only unflavored 1% or unflavored fat-free milk can be served to PK.

Offer vs. Serve is not allowed for PK unless comingling.

Revised 3/10/2023

## 2023-24 Breakfast Cycle Menu

For Breakfast only: Meat/Meat
Alternates credit as Grain
Alternates

	Monday	Tuesday	Wednesday	Thursday	Friday
k 3	Sausage Kolache  1 WGR / 1 GA  Yogurt 1 GA  OR  *Cinnamon Roll 2 WGR  Bacon (NC)	Cheese Omelet 2 GA Toast 1 WGR OR Breakfast Taquito 1.25 WGR / .75 GA or 1 WGR / 1 GA	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC)	<b>Breakfast Pizza</b> 1.5 WGR / 1 GA	*Dutch Waffle 2 WGR Sausage 1 GA OR French Toast 1 WGR/ 1 GA or 2.25 WGR Sausage 1 GA
Week	OR .	OR	OR	OR	OR
3	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
Week 4	Pancakes 2 WGR Bacon (NC) OR *Breakfast Cookie 2 WGR Yogurt 1 GA OR Breakfast Sandwich Choice	Breakfast Burrito 1 WGR / 1.5 GA or 1 WGR / 1 GA Hash Browns (NC)  OR Breakfast Sandwich Choice	Waffles 2 WGR Sausage 1 GA  OR Breakfast Sandwich Choice	Breakfast Combo  2 WGR / 1.5 GA  OR  *Stuffed Bagel 2 WGR Cheese Stick or Cubes 1 GA  OR Breakfast Sandwich Choice	Oatmeal 1 WGR Cinnamon Toast 1 WGR OR *Donut OR *Donut Holes 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice
	1/2 c 100% Fruit Juice	1/2 c 100% Fruit Juice	1/2 c 100% Fruit Juice	1/2 c 100% Fruit Juice	1/2 c 100% Fruit Juice
	1/2 c Fruit Milk Variety	1/2 c Fruit Milk Variety	1/2 c Fruit Milk Variety	1/2 c Fruit Milk Variety	1/2 c Fruit Milk Variety
	IVIIIK Variety	, , , , , , , , , , , , , , , , , , ,	s that may be offered in addition	, , , , , , , , , , , , , , , , , , ,	Will Vallety
<b>&gt;</b>	Cereal Variety 1 or 2 WGR	*Breakfast Strudel 2 WGR	Cereal Variety 1 or 2 WGR	*Breakfast Strudel 2 WGR	Cereal Variety 1 or 2 WGR
Weekly	Toast 1 WGR	Cheese Stick or Cubes 1 GA	Toast 1 WGR	Cheese Stick or Cubes 1 GA	Toast 1 WGR
We	*Breakfast Round 2 WGR	Breakfast Crackers 1 WGR	*Breakfast Parfait <i>OR</i> Banana Split	Breakfast Crackers 1 WGR	*Breakfast Round 2 WGR
eq	Yogurt 1 GA	Cheese Stick or Cubes 1 GA	1 WGR / <i>1 GA</i> / 1/2 c F	<b>Cheese Stick or Cubes</b> 1 GA	Yogurt 1 GA
Offered	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR
O	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA

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Revised 3/10/2023