

Grades PK-12

2022-23 Breakfast Cycle Menu

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

		Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Breakfast Pizza 1.5 WGR / 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	French Toast 1 WGR / 1 GA <i>or</i> 2.25 WGR Sausage 1 GA OR *Dutch Waffle 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC) OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	*Cinnamon Roll 2 WGR Sausage 1 GA OR Cheesy Toast 1 WGR / 1 GA Sausage 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety		
	Pancakes 2 WGR Bacon (NC) OR Waffles 2 WGR Bacon (NC) OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 WGR / 1.5 GA OR Breakfast Taquito 1.25 WGR / .75 GA <i>or</i> 1 WGR / 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Pizza 1.5 WGR / 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Oatmeal 1 WGR Cinnamon Toast 1 WGR OR *Breakfast Cookie 2 WGR Yogurt 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA <i>or</i> 1 WGR / 1.5 GA Hash Browns (NC) OR *Donut <i>OR</i> *Donut Holes 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety		
Optional entrée choices that may be offered each day in addition to the above items							
Offered Weekly	Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick <i>or</i> Cubes 1 GA	Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick <i>or</i> Cubes 1 GA	Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR	Cereal Variety 1 <i>or</i> 2 WGR Toast 1 WGR	
	*Breakfast Round 2 WGR Yogurt 1 GA	Breakfast Crackers 1 WGR Cheese Stick <i>or</i> Cubes 1 GA	*Breakfast Parfait <i>OR</i> Banana Split 1 WGR / 1 GA / 1/2 c F	Breakfast Crackers 1 WGR Cheese Stick <i>or</i> Cubes 1 GA	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Round 2 WGR Yogurt 1 GA	*Breakfast Round 2 WGR Yogurt 1 GA
	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	Breakfast Bread 2 WGR Yogurt 1 GA	Muffin 1 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 2/25/2022

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA OR * Cinnamon Roll 2 WGR Bacon (NC) OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Cheese Omelet 2 GA Toast 1 WGR OR Breakfast Taquito 1.25 WGR / .75 GA or 1 WGR / 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC) OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Pizza 1.5 WGR / 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	* Dutch Waffle 2 WGR Sausage 1 GA OR French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety
	Pancakes 2 WGR Bacon (NC) OR * Breakfast Cookie 2 WGR Yogurt 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Waffles 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	Breakfast Combo 2 WGR / 1.5 GA OR * Stuffed Bagel 2 WGR Cheese Stick or Cubes 1 GA OR Breakfast Sandwich Choice 1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	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 Fruit Milk Variety
Optional entrée choices that may be offered in addition to the above items					
Offered Weekly	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
	* 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
	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

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