

Monday

Tuesday

Wednesday

Thursday

Friday



*WG Pancakes Sausage Patty OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*Breakfast Pizza on WG Crust OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Sausage Patty on a WG Biscuit OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Eggs & Cheese Tacos OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*WG French Toast Sticks Sausage Patty OR *Assorted WG Cold Cereal /WG Toast

Fruit and Milk

*WG Pancakes Sausage Patty OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*Breakfast Pizza on WG Crust OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Sausage Patty on a WG Biscuit OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Eggs & Cheese Tacos OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*WG French Toast Sticks Sausage Patty OR *Assorted WG Cold Cereal /WG Toast

Fruit and Milk

****No School****

****No School****

****No School****

Eggs & Cheese Tacos OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*WG French Toast Sticks Sausage Patty OR *Assorted WG Cold Cereal /WG Toast

Fruit and Milk

****No School****

****No School****

*WG Pancakes Sausage Patty OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*Breakfast Pizza on WG Crust OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Sausage Patty on a WG Biscuit OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

Eggs & Cheese Tacos OR *Assorted WG Cold Cereal w/WG Toast

Fruit and Milk

*WG French Toast Sticks Sausage Patty OR *Assorted WG Cold Cereal /WG Toast

Fruit and Milk

Higher Academic Scores

- Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't according to Pediatrics Magazine
- Studies have also shown eating breakfast results in higher test scores