

JUNE 2024~ WELCOME CENTER BREAKFAST / SNACK MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 AM: WG MINI WAFFLES MANDARIN ORANGES MILK PM: WG CHEDDAR CHEX MIX APPLESAUCE	4 AM: HARD BOILED EGG WG TOAST PEACHES MILK PM: WG CHEDDAR GOLDFISH MIXED FRUIT	5 AM: CHICKEN PATTY On a WG BUN TROPICAL FRUIT MILK PM: WG GOLDFISH PRETZELS PEARS	6 AM: WG PANCAKES STRAWBERRIES MILK PM: WG PEANUT BUTTER CRACKERS APPLESAUCE	7 AM: WG BISCUIT SAUSAGE GRAVY MANDARIN ORANGES MILK PM: WG GRAHAM CRACKERS PEANUT BUTTER
10 AM: WG TOAST TURKEY SAUSAGE PATTY EGG PATTY PEARS & MILK PM: WG PEANUT BUTTER CRACKERS MIXED FRUIT	11 AM: WG FRENCH TOAST STICKS PEACHES MILK PM: WG GOLDFISH PRETZELS 100% FRUIT JUICE	12 AM: WG BISCUIT EGG PATTY w/ CHEESE SLICE PEARS MILK PM: WG RITZ BITS CHEESE CRACKERS STRAWBERRY APPLESAUCE	13 AM: WG RICE CEREAL BANANA MILK PM: WG CHEDDAR CHEX MIX MANDARIN ORANGES	14 AM: WG TOAST w/ CHEESE SLICE EGG PATTY PEACHES MILK PM: WG BLUEBERRY MUFFIN TROPICAL FRUIT
17 AM: WG TOAST w/ CHEESE SLICE TURKEY SAUSAGE PATTY MANDARIN ORANGES MILK PM: WG MINI CORNBREAD LOAF FLAVORED MILK	18 AM: WG BISCUIT SAUSAGE GRAVY TROPICAL FRUIT MILK PM: WG GRAHAM CRACKERS CINNAMON APPLESAUCE	19 AM: WG BISCUIT TURKEY SAUSAGE PATTY CHEESE SLICE MIXED FRUIT MILK PM: WG CHEDDAR GOLDFISH CRACKERS PEACHES	20 AM: WG TOAST HARD BOILED EGG PEACHES MILK PM: WG APPLE CINNAMON MUFFIN MIXED FRUIT	21 AM: WG PANCAKES MANDARIN ORANGES MILK PM: COTTAGE CHEESE CRUSHED PINEAPPLE
24 AM: WG OAT CEREAL MANDARIN ORANGES MILK PM: WG STRAWBERRY CHEX MIX PEACHES	25 AM: WG TOAST w/ CHEESE SLICE EGG PATTY MIXED FRUIT MILK PM: WG CHEDDAR CHEX MIX PEARS	26 AM: WG MINI WAFFLES BLUEBERRIES MILK PM: WG PEANUT BUTTER CRACKERS MANDARIN ORANGES	27 AM: CHICKEN PATTY On a WG BUN MIXED FRUIT MILK PM: WG BLUEBERRY MUFFIN STRING CHEESE	28 AM: WG FRENCH TOAST STICKS TROPICAL FRUIT MILK PM: WG RITZ BITS CHEESE CRACKERS PEACHES



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Breakfast: Milk 1 cup:
 Vegetables, Fruit or both ½ cup:
 Grains 2 oz eq
Snack: Any 2 of 4 components:
 ¾ cup of Yogurt: 1 cup Milk:
 ½ cup Fruit or Vegetable;
 1 oz Grain or Bread
 Meat or Meat alternate 1 oz eq

 W.G. = Whole Grain

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