



JANUARY 2019

WCSC Middle/High School Breakfast Menu




Monday

Tuesday

Wednesday

Thursday

Friday

	<p align="center">ENERGIZE YOUR DAY WITH SCHOOL BREAKFAST!!</p> <p align="center">\$1.50</p> <p align="center">Breakfast is served at all schools at least 20 minutes before school begins.</p>		<p>3 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk</p>	<p>4 Bacon & Cheese Scrambled Eggs w/ Toast & Jelly Assorted Fruit Milk</p>
<p>7 French Toast Bites Assorted Fruit or Fruit Juice Milk</p>	<p>8 Bacon, Egg & Cheese on Ciabatta Roll Assorted Fruit Milk</p>	<p>9 Pancakes Assorted Fruit Milk</p>	<p>10 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk</p>	<p>11 Sausage, Egg & Cheese Croissant Assorted Fruit Milk</p>
<p>14 Sausage Gravy Pizza Assorted Fruit or Fruit Juice Milk</p>	<p>15 Sausage Biscuit Assorted Fruit Milk</p>	<p>16 French Toast Sticks Assorted Fruit Milk</p>	<p>17 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk</p>	<p>18 Breakfast Burrito Assorted Fruit Milk</p>
<p>21 <i>Martin Luther King Day</i></p> <p><i>No School Snow Make Up Day</i></p>	<p>22 Bacon, Egg & Cheese on Ciabatta Roll Assorted Fruit Milk</p>	<p>23 Mini Eggo Blueberry Pancakes Assorted Fruit Milk</p>	<p>24 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk</p>	<p>25 Sausage, Egg & Cheese Croissant Assorted Fruit Milk</p>

Additional Daily Entrée Offerings:

- Second Choice: PopTarts
- Third Choice: Cereal w/ Honey Graham Crackers
- Fourth Choice: Bagel w/ Cream Cheese or Jelly

Benefits of a Healthy Breakfast

Studies have consistently shown that students who eat breakfast benefit nutritionally and educationally. Starting the day with breakfast has been associated with improved academic performance, improved classroom behavior and attentiveness, and fewer visits to the nurse. Busy parents also benefit tremendously from the School Breakfast Program because their children will receive a healthy, balanced, and affordable meal at school that eases the burden of their hectic morning rush.

This institution is an equal opportunity provider.