

# 2018 Cafeteria Breakfast Features

## MONONGALIA COUNTY SCHOOLS

### MEAL PRICING:

Full Price Breakfast	\$1.20
Free-Reduced Breakfast	FREE
Milk (additional half pint)	\$0.25 (cash)

## CAFETERIA BREAKFAST MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 4/02/18, 5/07/18	Scrambled Egg Wheat Toast	PANCAKES Orange Slices	Hot Cereal School Donut Banana	Sausage Breakfast Croissant	Wheat Bagel Cream Cheese
<b>WEEK 2</b> 4/09/18, 5/14/18	Breakfast Pancake Sausage Stick	Scrambled Egg Wheat Toast	Cinnamon French Toast	Egg Patty on English Muffin	WAFFLE Berries
<b>WEEK 3</b> 4/16/18 5/21/18	Breakfast EGG Patty on Croissant	Breakfast Pancakes	Scrambled Egg Wheat Toast	Fruit n Granola Yogurt Parfait w/ Muffin	Hot Cereal Cinnamon Roll
<b>WEEK 4</b> 4/23/18, 5/28/18	Strawberry Stuffed Mini Bagels	French Toast Mini Peach Cup	Hot Cereal BREAKFAST Fruit Strudel	Scrambled Egg Wheat Toast	Egg and Cheese Breakfast Bread Stick
<b>WEEK 5</b> 4/30/18	Egg Omelet Wheat Toast	Egg & Cheese Burrito Strawberry Cup	Breakfast Fruit Bread Applesauce	OATMEAL with WG Muffin	Scrambled Egg Wheat Toast

### Grab n Go Breakfast Carts/Bags:

#### FRUITS

Fruit of the Day  
½ c Fruit Juice

#### 2 GRAINS

2 Whole Grain Breakfast Items

#### MILK

Half pint  
1% or fat free

#### PROTEIN (extra) Yogurt,

Cheese Stick

Select a fruit and add grains, protein & milk. Have at least three food items for breakfast.

**June 4, 5 & 6, 2018**  
**Manager's Choice**

Please check at your school for breakfast fruit selection of the day.

Check county website for Grab N Go offerings.

**NUTRITION BITES: All breakfast lines include choice of 100% juice, fruit selection and low fat or fat-free milk.**



Grab n Go - second chance breakfast - offered at high schools and middle schools. Mountainview, Mason Dixon, Skyview, North, Cheat Lake, Mylan Park, & Eastwood have Grab n Go offerings for breakfast in the classroom. Students eating breakfast are more alert in class and ready to achieve.



• "This institution is an equal opportunity provider."