

# 2021-2022 Cafeteria Breakfast Menu



## MEAL PRICING:

Full Price Breakfast

Free-Reduced Breakfast

FREE

FREE

## CAFETERIA BREAKFAST MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 8/23, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/6, 12/20, 1/3, 1/17, 1/31, 2/14, 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23	<u>Hot Breakfast</u> Egg/Cheese Sandwich <u>Grab &amp; Go</u> Froot Loop Cereal Keebler Grahams Cherry Cocoa Bar Beef Stick Peach Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Cinnamon Roll  <u>Grab &amp; Go</u> Cocoa Puff Cereal Cheez-It Crackers Cheese Stick Beef Stick Mixed Fruit Cup Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> School Donut  <u>Grab &amp; Go</u> Trix Cereal Keebler Cinnamon Donut Beef Stick Apple Slices Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> Bagel Bites  <u>Grab &amp; Go</u> Cinn. Toast Cereal Keebler Cinnamon Cheese Stck Beef Stick Applesauce Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Mini Pancake Blueberry <u>Grab &amp; Go</u> Lucky Charm Cereal Straw. Mini Bites Yogurt Beef Stick Grapes Fruit Punch Juice Milk (Variety)
<b>WEEK 2</b> 8/30, 9/13, 9/27, 10/11, 10/25, 11/8, 12/13, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16	<u>Hot Breakfast</u> French Toast Cinnamon <u>Grab &amp; Go</u> Froot Loop Cereal Keebler Grahams Cherry Cocoa Bar Beef Stick Peach Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Apple Frudel  <u>Grab &amp; Go</u> Cocoa Puff Cereal Cheez-It Crackers Cheese Stck Beef Stick Mixed Fruit Cup Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> School Donut  <u>Grab &amp; Go</u> Trix Cereal Keebler Cinnamon Donut Beef Stick Apple Slices Fruit Punch Juice Milk (Variety)	<u>Hot Breakfast</u> Egg Taco  <u>Grab &amp; Go</u> Cinn. Toast Cereal Keebler Cinnamon Cheese Stck Beef Stick Applesauce Cup Apple Juice Milk (Variety)	<u>Hot Breakfast</u> Cinnamon Toast Bar <u>Grab &amp; Go</u> Lucky Charm Cereal Straw. Mini Bites Yogurt Beef Stick Grapes Fruit Punch Juice Milk (Variety)
*Cereal is offered with Hot Breakfast.					

### Grab n Go Breakfast Lines:

#### FRUITS

Fruit of the Day  
 ½ c Fruit Juice

#### 2 GRAINS

Whole Grain Breakfast Items

#### MILK

Half pint

1% or fat free

#### PROTEIN

(extra) Yogurt,  
 Beef Stick  
 or Cheese Stick

Subject to change due to snow days or product availability.

#### NUTRITION BITES:

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

Grab n Go breakfast to the classroom at all Monongalia County Schools offers an alternative breakfast selection. Students eating breakfast are more alert in class and ready to achieve. Grab n Go Breakfast after 1<sup>st</sup> period is also offered at high schools and middle schools.

**FREE SCHOOL MEALS**  
**IN SCHOOL YEAR 2021-2022**

