

WAHLERT CATHOLIC HIGH SCHOOL BREAKFAST MENU 2018-2019

**Breakfast Food Components: CONSISTS OF 4 ITEMS
CHOOSE AT LEAST 3 ITEMS, MAKE SURE TO TAKE A FRUIT OR
VEGETABLE.**

Must have at least 1/2 cup of fruit or vegetable to count as a reimbursable breakfast meal.

Breakfast Meal: Includes main breakfast item=2 items or 2 main breakfast items =1 item each, with 1 cup fruit or vegetable and 8 oz milk. Only 1/2 cup of fruit per day may be juice.

Regular price \$1.75 Reduced price \$0.30 Free-Free Adult- \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Breakfast items = 2 items-max 2 items</i>				
<ul style="list-style-type: none"> • Whole Bagel & Cream Cheese • Breakfast Pizza • UnCrustable • Peanut butter & Jelly Sandwich 	<ul style="list-style-type: none"> • Whole Bagel & Cream Cheese • Breakfast Wrap • UnCrustable • Peanut butter & Jelly Sandwich 	<ul style="list-style-type: none"> • Whole Bagel & Cream Cheese • Breakfast Sandwich • UnCrustable • Peanut butter & Jelly Sandwich 	<ul style="list-style-type: none"> • Whole Bagel & Cream Cheese • Breakfast Slider • UnCrustable • Peanut butter & Jelly Sandwich 	<ul style="list-style-type: none"> • Whole Bagel & Cream Cheese • Mini Pancake Bites • UnCrustable • Peanut butter & Jelly Sandwich
<i>Main Breakfast items = 1 item-max 2 items</i>				
<ul style="list-style-type: none"> • Cereal • Toast • Yogurt • Cheese Stick • Muffin 2oz • Poptart • Simply Chex • Cereal Bar • Granola Bar • Betty Crocker Bar • Elfin • Frudel 	<ul style="list-style-type: none"> • Cereal • Toast • Yogurt • Cheese Stick • Muffin 2oz • Poptart • Simply Chex • Cereal Bar • Granola Bar • Betty Crocker Bar • Elfin • Frudel 	<ul style="list-style-type: none"> • Cereal • Toast • Yogurt • Cheese Stick • Muffin 2oz • Poptart • Simply Chex • Cereal Bar • Granola Bar • Betty Crocker Bar • Elfin • Frudel 	<ul style="list-style-type: none"> • Cereal • Toast • Yogurt • Cheese Stick • Muffin 2oz • Poptart • Simply Chex • Cereal Bar • Granola Bar • Betty Crocker Bar • Elfin • Frudel 	<ul style="list-style-type: none"> • Cereal • Toast • Yogurt • Cheese Stick • Muffin 2oz • Poptart • Simply Chex • Cereal Bar • Granola Bar • Betty Crocker Bar • Elfin • Frudel
<i>Fruit and Vegetable items = 1 item Choose up to 2 items Maximum 1/2 cup of juice per day = 1 item</i>				
<ul style="list-style-type: none"> • Cup of Juice • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Fruit of the day
<i>Carton of Milk = 1 item</i>				
<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk