

# January 2019

## Winnisquam High School

### BREAKFAST



#### Meal Prices

Student Breakfast: \$ 1.50  
Student Reduced Breakfast: \$ .40  
Milk or Juice \$.50



All of our School meals are all prepared fresh daily and include fresh fruits and vegetables sourced from local farms. We also offer a variety of 100% fruit juice & high quality Hood 1% & fat free flavored milk. USDA is an equal opportunity provider & employer.

### Monday



**Breakfast Choices  
Pancake & Sausage** **7**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Pancake & Sausage** **14**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

Martin Luther King Day **21**

**Breakfast Choices  
Pancake & Sausage** **28**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

### Tuesday

Vacation Day **1**

**Breakfast Choices  
French Toast Sticks** **8**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
French Toast Sticks** **15**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
French Toast Sticks** **22**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
French Toast Sticks** **29**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

### Wednesday

**Breakfast Sandwich** **2**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Sandwich** **9**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Sandwich** **16**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Sandwich** **23**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Sandwich** **30**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

### Thursday

**Breakfast Choices  
Assorted WG Muffins** **3**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Assorted WG Muffins** **10**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Assorted WG Muffins** **17**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Assorted WG Muffins** **24**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Assorted WG Muffins** **31**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

### Friday

**Breakfast Choices  
Breakfast Pizza** **4**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

**Breakfast Choices  
Breakfast Pizza** **11**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

Teachers Workshop **18**

**Breakfast Choices  
Breakfast Pizza** **25**  
Assorted Cereal  
Assorted Breakfast Bar  
Assorted White WG Bagel  
WG Mini Breakfast Bar  
Assorted Fresh Fruit  
Yogurt & Granola

