

January 2019

Winnisquam Middle 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



Tuesday

Wednesday

Thursday

Friday

Breakfast Choices White WG Bagel

Assorted Cereal
Assorted Breakfast Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

7

Breakfast Choices WG Cinnamon Roll

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

8

Breakfast Choices Breakfast Sandwich

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

9

Breakfast Choices Maple Burst Pancakes

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

10

Breakfast Choices Breakfast Pizza

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

11

Breakfast Choices White WG Bagel

Assorted Cereal
Assorted Breakfast Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

14

Breakfast Choices WG Cinnamon Roll

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

15

Breakfast Choices Breakfast Sandwich

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

16

Breakfast Choices Maple Burst Pancakes

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

17

Breakfast Choices Breakfast Pizza

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

18

Martin Luther King Day

21

Breakfast Choices WG Cinnamon Roll

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

22

Breakfast Choices Breakfast Sandwich

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

23

Breakfast Choices Maple Burst Pancakes

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

24

Breakfast Choices Breakfast Pizza

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

25

Breakfast Choices White WG Bagel

Assorted Cereal
Assorted Breakfast Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

28

Breakfast Choices WG Cinnamon Roll

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

29

Breakfast Choices Breakfast Sandwich

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

30

Breakfast Choices Maple burst Pancakes

Assorted Cereal
Assorted Cereal Bar
Assorted WG Muffins
Yogurt & Granola
Fresh Fruit

31



Teachers Workshop