

# GOODMAN-ARMSTRONG CREEK SCHOOL DISTRICT

## ELEMENTARY BREAKFAST MENU - 2016-2017

**STUDENTS MUST TAKE 3 OF THE 4 COMPONENTS (FOOD GROUPS) OFFERED AT BREAKFAST, OF THE 3, 1 MUST BE A GRAIN AND 1 MUST BE A FRUIT.**

**GRAIN COMPONENT:** IF MAIN ENTRÉE IS A MEAT SUCH AS SAUSAGE OR EGGS, IT WILL BE COUNTED AS A SECOND GRAIN; ONLY AFTER 1 OTHER GRAIN COMPONENT HAS BEEN TAKEN.

**FRUIT COMPONENT:** STUDENTS MUST TAKE A ½ CUP OF JUICE, FRUIT OR VEGETABLE (IF VEGETABLE IS OFFERED). STUDENTS ARE ALLOWED ONLY 1 JUICE, A 2<sup>ND</sup> MUST BE PURCHASED SEPARATELY.

**MILK COMPONENT:** 8 OZ. 1% OR 8 OZ. SKIM

**PROTEIN COMPONENTS:** IT IS NOT MANDATORY THAT SCHOOLS OFFER A MEAT OR MEAT ALTERNATIVE AT BREAKFAST. ALL MEATS SERVED WILL COUNT AS A GRAIN AFTER STUDENTS HAVE TAKEN 1 GRAIN COMPONENT.

### FRUITS

### GRAINS

### MILK

### PROTEIN

FRESH FRUIT CANNED FRUIT APPLE OR ORANGE JUICE DRIED FRUIT	W.W. TOAST W.G. CEREAL	8 OZ. SKIM 8 OZ. 1 %	PEANUT BUTTER
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAY 1 – 5</b>	<b>NO SCHOOL TEACHER IN-SERVICE</b>	BREAKFAST SAUSAGE	BELGIUM STYLE WAFFLE	W.G. FRENCH TOAST STICKS	W.G. MUFFIN & YOGURT
<b>MAY 8 – 12</b>	W.G. WAFFLE	EGG PATTY	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	CINNAMON ROLL & YOGURT
<b>MAY 15 – 19</b>	W.W. FRENCH TOAST STICKS	BREAKFAST SAUSAGE	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	NUTRIGRAIN BAR & YOGURT
<b>MAY 22 – 26</b>	W.G. PANCAKES	EGG PATTY	BELGIUM STYLE WAFFLE	W.W. FRENCH TOAST STICKS	CINNAMON ROLL & YOGURT
<b>MAY 29 THRU JUNE 2</b>	W.G. WAFFLE	BREAKFAST SAUSAGE	PIZZA DIPPERS & SAUCE	W.G. FRENCH TOAST STICKS	W.G. MUFFIN & YOGURT
<b>JUNE 5 - 7</b>	W.G. PANCAKES	EGG PATTY	BREAKFAST VARIETY	<b>HAVE A GREAT SUMMER</b>	<b>SEE YOU IN THE FALL</b>

**W.G. (WHOLE GRAIN) W.W. (WHOLE WHEAT)**

**THIS FACILITY IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**