

GOODMAN-ARMSTRONG CREEK SCHOOL DISTRICT

BREAKFAST MENU – 2018 - 2019

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 2ND 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 YOGURT [OCCASIONALLY] CHEESE STICK HARD BOILED EGGS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 10 - 14	PANCAKES	SAUSAGE BISCUIT	BELGIUM STYLE WAFFLE	SCRAMBLED EGGS	W.G. MUFFIN & YOGURT
DECEMBER 17 - 21	W.G. FRENCH TOAST	EGG & CHEESE BISCUIT	PIZZA DIPPERS & SAUCE	OATMEAL	CHOICE OF CEREAL
DECEMBER 24 - 28	MERRY CHRISTMAS NO SCHOOL				
DECEMBER 31 THRU JANUARY 4	NO SCHOOL	NO SCHOOL HAPPY NEW YEAR	PIZZA DIPPERS & SAUCE	OATMEAL	CHOICE OF CEREAL
JANUARY 7 - 11	W.G. PANCAKES	SAUSAGE BISCUITS	MONSTER DONUTS	SCRAMBLED EGGS	W.G. MUFFIN & YOGURT

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

THIS FACILITY IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.