

GOODMAN-ARMSTRONG CREEK SCHOOL DISTRICT

ELEMENTARY BREAKFAST MENU – 2017-2018

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 19 – 23	NO SCHOOL	BREAKFAST SAUSAGE	BELGIUM STYLE WAFFLE	W.G. FRENCH TOAST STICKS	W.G. MUFFIN & YOGURT
FEBRUARY 26 THRU MARCH 2	W.G. WAFFLE	EGG PATTY	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	OATMEAL & YOGURT
MARCH 5 – 9	W.W. FRENCH TOAST STICKS	BREAKFAST SAUSAGE	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	NUTRIGRAIN BAR & YOGURT
MARCH 12 - 16	NO SCHOOL	EGG PATTY	BELGIUM STYLE WAFFLE	W.W. FRENCH TOAST STICKS	CINNAMON ROLL & YOGURT
MARCH 19 - 23	W.G. WAFFLE	BREAKFAST SAUSAGE	PIZZA DIPPERS & SAUCE	W.G. FRENCH TOAST STICKS	W.G. MUFFIN & YOGURT

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

THIS FACILITY IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.