

# 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 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JANUARY 15 - 19</b>	W.G. PANCAKES	BREAKFAST SAUSAGE	BELGIUM STYLE WAFFLE	W.G. FRENCH TOAST STICKS	W.G. MUFFIN & YOGURT
<b>JANUARY 22 -26</b>	W.G. WAFFLE	EGG PATTY	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	OATMEAL & YOGURT
<b>JANUARY 29 THRU FEBRUARY2</b>	W.W. FRENCH TOAST STICKS	BREAKFAST SAUSAGE	PIZZA DIPPERS & SAUCE	W.G. PANCAKES	NUTRIGRAIN BAR & YOGURT
<b>FEBRUARY 5 - 9</b>	W.G. PANCAKES	EGG PATTY	BELGIUM STYLE WAFFLE	W.W. FRENCH TOAST STICKS	CINNAMON ROLL & YOGURT
<b>FEBRUARY 12 - 16</b>	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.**