2024-25 Breakfast Cycle Menu

For Breakfast only: Meat/Meat Alternates credit as Grain

Alternates

	Monday	Tuesday	Wednesday	Thursday	Friday		
1;	Breakfast Pizza 1.5 WGR / 1 GA	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA OR *Dutch Waffle 2 WGR	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC)	Pancake Wrap 1 WGR / 1 GA Yogurt 1 GA	*Cinnamon Roll 2 WGR Sausage 1 GA OR Cheesy Toast 1 WGR / 1 GA		
Week	OR	Sausage 1 GA OR	OR	OR	Sausage 1 GA OR		
×	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice	Breakfast Sandwich Choice		
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety		
7 7	Pancakes 2 WGR Bacon (NC) OR Waffles 2 WGR Bacon (NC)	Breakfast Combo 2 WGR / 1.5 GA	Breakfast Pizza 1.5 WGR / 1 GA	Oatmeal 1 WGR Cinnamon Toast 1 WGR OR *Breakfast Cookie 2 WGR Yogurt 1 GA	Breakfast Burrito 1 WGR / 1 GA or 1 WGR / 1.5 GA Hash Browns (NC) OR *Donut OR *Donut Holes 2 WGR		
Week	OR Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	Sausage 1 GA OR Breakfast Sandwich Choice		
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety		
	Optional entrée choices that may be offered each day in addition to the above items						
≥	Cereal Variety 1 or 2 WGR	*Breakfast Strudel 2 WGR	Cereal Variety 1 or 2 WGR	*Breakfast Strudel 2 WGR	Cereal Variety 1 or 2 WGR		
Offered Weekly	Toast 1 WGR	Cheese Stick or Cubes 1 GA	Toast 1 WGR	Cheese Stick or Cubes 1 GA	Toast 1 WGR		
ĬšĪ	*Breakfast Round 2 WGR	Breakfast Crackers 1 WGR	*Breakfast Parfait OR Banana Split	Breakfast Crackers 1 WGR	*Breakfast Round 2 WGR		
ed	Yogurt 1 GA	Cheese Stick or Cubes 1 GA	1 WGR / 1 GA / 1/2 c F	Cheese Stick or Cubes 1 GA	Yogurt 1 GA		
fer	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR		
ō	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA		

* Indicates menu items not allowed for PreK students unless comingling.

Other notes: PK can only be served juice once per day over all meals and snacks.
Only unflavored 1% or unflavored fat-free milk can be served to PK.
Offer vs. Serve is not allowed for PK unless comingling.

Revised 3/1/2024

2024-25 Breakfast Cycle Menu

For Breakfast only: Meat/Meat
Alternates credit as Grain
Alternates

	Monday	Tuesday	Wednesday	Thursday	Friday				
8	Sausage Kolache 1 WGR / 1 GA Yogurt 1 GA OR *Cinnamon Roll 2 WGR	Cheese Omelet 2 GA Toast 1 WGR OR Pancake Wrap 1 WGR / 1 GA	Power Breakfast Biscuit 2 WGR, Gravy (NC) Scrambled Eggs 1 GA Bacon (NC)	Breakfast Pizza 1.5 WGR / 1 GA	*Dutch Waffle 2 WGR Sausage 1 GA OR French Toast 1 WGR/ 1 GA or 2.25 WGR				
농	Bacon (NC)	Yogurt 1 GA			Sausage 1 GA				
Week	<i>OR</i> Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	OR Breakfast Sandwich Choice	<i>OR</i> Breakfast Sandwich Choice	OR Breakfast Sandwich Choice				
	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety	1/2 c 100% Fruit Juice 1/2 c Fruit Milk Variety				
Week 4	Pancakes 2 WGR Bacon (NC) OR *Breakfast Cookie 2 WGR Yogurt 1 GA OR Breakfast Sandwich Choice	Breakfast Burrito 1 WGR / 1.5 GA or 1 WGR / 1 GA Hash Browns (NC) OR Breakfast Sandwich Choice	Waffles 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice	Breakfast Combo 2 WGR / 1.5 GA OR *Stuffed Bagel 2 WGR Cheese Stick or Cubes 1 GA OR Breakfast Sandwich Choice	Oatmeal 1 WGR Cinnamon Toast 1 WGR OR *Donut OR *Donut Holes 2 WGR Sausage 1 GA OR Breakfast Sandwich Choice				
	1/2 c 100% Fruit Juice 1/2 c Fruit	1/2 c 100% Fruit Juice 1/2 c Fruit	1/2 c 100% Fruit Juice 1/2 c Fruit	1/2 c 100% Fruit Juice 1/2 c Fruit	1/2 c 100% Fruit Juice 1/2 c Fruit				
	Milk Variety	Milk Variety	Milk Variety	Milk Variety	Milk Variety				
	Optional entrée choices that may be offered in addition to the above items								
Weekly	Cereal Variety 1 or 2 WGR Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA	Cereal Variety 1 or 2 WGR Toast 1 WGR	*Breakfast Strudel 2 WGR Cheese Stick or Cubes 1 GA	Cereal Variety 1 or 2 WGR Toast 1 WGR				
ed We	*Breakfast Round 2 WGR Yogurt 1 GA	Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA	*Breakfast Parfait <i>OR</i> Banana Split 1 WGR / 1 GA / 1/2 c F	Breakfast Crackers 1 WGR Cheese Stick or Cubes 1 GA	*Breakfast Round 2 WGR Yogurt 1 GA				
Offered	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR	Breakfast Bread 2 WGR	Muffin 1 WGR				
Of	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA	Yogurt 1 GA				

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Other notes: PK can only be served juice once per day over all meals and snacks.

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