

2018-19 Panthers Breakfast Cycle Menu

K-12

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Early Bird Sandwich 2 WGR / 1.75 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Breakfast Burrito 1 wgr/1.5 GA Hash Brown (NC) ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Fresh Muffin 2WGR Yogurt 1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Breakfast Pizza 1.5 wgr/1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety
Week 2	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Breakfast combo 2 WGR / 1.5 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Cheese Omelet Wrap 1wgr/2GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	English Muffin, Egg, Cheese Sandwich ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Donut, Donut Holes, 2 WGR ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety
Week 3	Early Bird Sandwich 2 WGR / 1.75 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Breakfast Burrito 1 wgr/1.5 GA Hash Brown (NC) ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Fresh Muffin 2WGR Yogurt 1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Breakfast Pizza 1.5 wgr/1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety
Week 4	Breakfast Parfait 1 WGR / 1 GA / 1/2 c F ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	French Toast 1 WGR / 1 GA or 2.25 WGR Sausage 1 GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Cheese Omelet Wrap 1wgr/2GA ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	English Muffin, Egg, Cheese Sandwich ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety	Donut, Or Donut Holes, 2 WGR ½ C Fresh Fruit 1/2 c 100% Fruit Milk Variety

Optional entrée choices that may be offered in addition to the above items
On back page