



# Wheeler Breakfast

January 2019

31

No School  
Holiday Recess

1

No School  
Holiday Recess

2

Breakfast Bar w/ Yogurt  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

3

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

4

Bagel w/ Cream Cheese  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

10

French Toast Sticks  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

11

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

12

Breakfast Bar w/ Yogurt  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

13

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

14

Bagel w/ Cream Cheese  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

14

French Toast Sticks  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

15

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

16

Breakfast Bar w/ Yogurt  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

17

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

18

Bagel w/ Cream Cheese  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

21

No School  
Martin Luther King Day

22

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

23

Breakfast Bar w/ Yogurt  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

24

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

25

Bagel w/ Cream Cheese  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

28

French Toast Sticks  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

29

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

30

Breakfast Bar w/ Yogurt  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

31

Egg & Cheese Sandwich  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

1

Bagel w/ Cream Cheese  
Cereal w/ Yogurt  
Muffin w/ Cheesestick  
  
Fresh fruit, juice and milk

Josh Brochu  
Food Service Director

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Local ingredients are always used when in season.  
Ovo-Lacto Vegetarian, may contain Egg & Milk

### Menu Subject To Change

Breakfast is the most important meal of the day, start it off right.  
Available daily: cereal, yogurt, bagels, and breakfast sandwiches  
Milk – Skim and 1% milk is offered in white and flavored.  
Full Price \$2.15 Reduced Price \$.30  
Nutritional Messages may vary by school.