

2018 Cafeteria Breakfast Features

MONONGALIA COUNTY SCHOOLS

MEAL PRICING:

Full Price Breakfast	\$1.20
Free-Reduced Breakfast	FREE
Milk (additional half pint)	\$0.25 (cash)

CAFETERIA BREAKFAST MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 12/11/17 1/22/18, 2/26/18, April 4-6	Scrambled Egg Wheat Toast	PANCAKES Orange Slices	Hot Cereal School Donut Banana	Sausage Breakfast Croissant	Wheat Bagel Cream Cheese
WEEK 2 12/18/17, 1/29/18, 3/05/18, 4/09/18	Breakfast Pancake Sausage Stick	Scrambled Egg Wheat Toast	Cinnamon French Toast	Egg Patty on English Muffin	WAFFLE Berries
WEEK 3 Jan 3-5, 2/05/18, 3/12/18, 4/16/18	Breakfast EGG Patty on Croissant	Breakfast Pancakes	Scrambled Egg Wheat Toast	Fruit n Granola Parfait Yogurt w/ Muffin	Hot Cereal Cinnamon Roll
WEEK 4 11/27/17, 1/08/18, 2/12/18, 3/19/18	Strawberry Stuffed Mini Bagels	French Toast Mini with Berries	Hot Cereal BREAKFAST Fruit Strudel	Scrambled Egg Wheat Toast	Egg and Cheese Breakfast Bread Stick
WEEK 5 12/04/17, 1/15/18, 2/19/18, 3/26/18	Egg Omelet Wheat Toast	Apple Jammer Breakfast Bread Stick	Breakfast Fruit Bread Applesauce	OATMEAL with WG Fruit Muffin	Scrambled Egg Wheat Toast

Grab n Go Breakfast Carts/Bags:

FRUITS

Fruit of the Day
½ c Fruit Juice

2 GRAINS

2 Whole Grain
Breakfast Items

MILK

Half pint
1% or fat free

PROTEIN (extra) Yogurt,

Cheese Stick

Select a fruit and add grains, protein & milk. Have at least three food items for breakfast.

Please check at your school for breakfast fruit selection of the day.

Check county website for Grab N Go offerings.

NUTRITION BITES: All breakfast lines include choice of 100% juice, fruit selection and low fat or fat-free milk.



Grab n Go - second chance breakfast - offered at high schools and middle schools. Mountainview, Mason Dixon, Skyview, North, Cheat Lake, Mylan Park, & Eastwood have Grab n Go offerings for breakfast in the classroom. Students eating breakfast are more alert in class and ready to achieve.



• "This institution is an equal opportunity provider."