



# JANUARY 2018



## WCSC Middle/High School Breakfast Menu


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

 <b>ENERGIZE YOUR DAY WITH SCHOOL BREAKFAST!!</b> \$1.50  Breakfast is served at all schools at least 20 minutes before school begins.		3 French Toast Sticks Assorted Fruit Milk	4 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk	5 Bacon & Cheese Scrambled Eggs w/ Toast & Jelly Assorted Fruit Milk
8 Sausage Biscuit Assorted Fruit or Fruit Juice Milk	9 Bacon, Egg & Cheese on Ciabatta Roll Assorted Fruit Milk	10 Pancakes Assorted Fruit Milk	11 Biscuit w/ Sausage Gravy Assorted Fruit or Fruit Juice Milk	12 Sausage, Egg & Cheese Croissant Assorted Fruit Milk
15  <b>Martin Luther King Day</b>  No School	16 Sausage Gravy Pizza Assorted Fruit or Fruit Juice Milk	17 French Toast Sticks Assorted Fruit Milk	18 Biscuit & Gravy w/ Sausage Patty Assorted Fruit or Fruit Juice Milk	19 Breakfast Burrito Assorted Fruit Milk
22 Sausage Biscuit Assorted Fruit or Fruit Juice Milk	23 Bacon, Egg & Cheese on Ciabatta Roll Assorted Fruit Milk	24 Mini Eggo Blueberry Pancakes Assorted Fruit Milk	25 Biscuit w/ Sausage Gravy Assorted Fruit or Fruit Juice Milk	26 Sausage, Egg & Cheese Croissant Assorted Fruit Milk

**Additional Daily Entrée Offerings:**

- Second Choice: PopTarts
- Third Choice: Cereal w/ Honey Graham Crackers
- Fourth Choice: Bagel w/ Cream Cheese or Jelly

### Benefits of a Healthy Breakfast

Studies have consistently shown that students who eat breakfast benefit nutritionally and educationally. Starting the day with breakfast has been associated with improved academic performance, improved classroom behavior and attentiveness, and fewer visits to the nurse. Busy parents also benefit tremendously from the SBP because their children will receive a healthy, balanced, and affordable meal at school that eases the burden of their hectic morning rush.

*This institution is an equal opportunity provider.*