



WJHSD Breakfast Menu April 2024



Benefits of Healthy Che most encodente meal of day - Helps you control velight - Feel more energized throughout the day - Improves concentration and focus - Reduce the risk of illness and diseases

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of the
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24	4 components available for the
NU	Breakfast Pizza	Mini Cinni Rolls	Cheese Omelet	Apple Strudel	school breakfast price.
happy	or	or	or	or	Choice of: Grain or grain/protein
	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Choice of fruit or vegetable (must take at least a 1/2 cup)
	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	AND Choice of Milk
					Choice of Milk - 1% white, fat-free
DICELK	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	white, chocolate, vanilla and strawberry
11	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Sildwberry
Carrier Desses No Cabaal	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit & Milk	
Spring Recess - No School Broakfast is EREE to a	Choice of Milk all registered students co	Choice of Milk	Choice of Milk	Choice of Milk	Whole Grain Cereal
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24	Selection May Include:
Sliced Pumpkin Bread	Eggo Waffle	Chocolate Chip Breakfast Bar	Egg & Cheese Croissant	Strawberry Mini Bagel	Cinnamon Toast Crunch
or	or	or	or	or	Trix, Apple Jacks,
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Cocoa Puffs,
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Fruity Cheerios Rice Crunch, Kix
					Honey Nut Chex
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Cheerios
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Fruit Loops
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Frosted Flakes
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Served with Graham Crackers
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24	4
Donut Stix	Breakfast Pizza	Yogurt & Fruit Parfait	Chocolate Chip French Toast	Dutch Waffle	
or	or	or	or	or	Fruit May Include:
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Canned peaches, applesauce,
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	pears, pineapple, fruit cocktail,
					mandarin oranges, 100% juice
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	(apple, orange), fresh fruit selection including apples,
& Assorted Fresh/Canned Fruit	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	selection meloding apples,
Choice of Milk	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Act 80 2 Hour Delay 4/22/24	Choice of Milk 4/23/24	Choice of Milk 4/24/24	Choice of Milk 4/25/24	Choice of Milk 4/26/24	OTHER BREAKFAST OPTIONS MAY INCLUDE:
Sliced Banana Bread		Confetti Breakfast Bar		, ,	WG DONUTS
	Pancake & Sausage on a Stick or		Yogurt & Fruit Kabob or	Egg & Cheese Burrito	PANCAKE ON A STICK
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	MINI LOAF & BREADS
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	WG BAGEL
				with Granam Grackers	BREAKFAST SANDWICH
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	BREAKFAST BAR
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	MUFFINS
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24	
Blueberry Donut Holes	Dutch Waffle	Yogurt Parfait	Cheese Omelet	Apple Strudel	
or	or	or	or	or	MENU IS SUBJECT TO CHANGE BASED
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	ON PRODUCT AVAILABILITY
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	www.schoolcafe.com for online payments
					Paying by Check? Make checks
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	payable to "WJHSD Cafeteria Fund"
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	John Rambo Food Service Director
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit & Milk	jrambo@wjhsd.net
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	412-655-8610 x6270
Student Paid Br	eakfast \$1.80/\$1.90	Student Reduced B	reakfast \$0.30 Ala	Carte Available!	USDA is an equal opportunity provider and employer.

Looking for nutritional info on the menu? Go to schoolcafe.com for more information. Instructions can be found on the District Website