



Waunakee All School Breakfast Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p> | | | | |
| <p>4 Elementary Breakfast Bagel Cr Cheese/Peanut Butter Fruit Milk</p> <p>Middle & High School Bagel Cr Cheese/Peanut Butter Fruit Milk</p> | <p>5 Elementary Breakfast Cinnamon Breakfast Round Cheese Stick Juice Cup Milk</p> <p>Middle & High School Cinnamon Breakfast Round Cheese Stick Juice Cup Milk</p> | <p>6 Elementary Breakfast Cereal Fresh Fruit Milk</p> <p>Middle & High School Egg/Sausage & Cheese on Bagel Fruit Juice Milk</p> | <p>7 Elementary Breakfast Iced Cinnamon Roll Juice Cup Milk</p> <p>Middle & High School Iced Cinnamon Roll Juice Cup Milk</p> | <p>8 Elementary Breakfast Banana Chocolate Bread Applesauce Cup Hard boiled Egg Milk</p> <p>Middle & High School Banana Chocolate Bread Applesauce Cup Hard boiled Egg Milk</p> |
| <p>11 Elementary Breakfast Blueberry Muffin Cheese Stick Fruit Milk</p> <p>Middle & High School Breakfast Pizza Juice or Fruit Milk</p> | <p>12 Elementary Breakfast Cheese Omelet Mini Bagel Juice Cup Milk</p> <p>Middle & High School Cheese Omelet Mini Bagel Juice Cup Milk</p> | <p>13 Elementary Breakfast Graham Cracker Sticks Yogurt cup Fruit Milk</p> <p>Middle & High School Waffle Sticks Sausage Links Applesauce Cup Milk</p> | <p>14 Elementary Breakfast Pancake on a Stick Fruit Milk</p> <p>Middle & High School Pancake on a Stick Fruit Milk</p> | <p>15 Elementary Breakfast Nutri Grain Bar String Cheese Peaches Milk</p> <p>Middle & High School Egg/Ham/Cheese on English Muffin Juice Cup Milk</p> |
| <p>18 Elementary Breakfast Bagel Cr Cheese/Peanut Butter Fruit Milk</p> <p>Middle & High School Bagel Cr Cheese/Peanut Butter Fruit Milk</p> | <p>19 Elementary Breakfast Cinnamon Breakfast Round Cheese Stick Juice Cup Milk</p> <p>Middle & High School Cinnamon Breakfast Round Cheese Stick Juice Cup Milk</p> | <p>20 Elementary Breakfast Cereal Fresh Fruit Milk</p> <p>Middle & High School Egg/Sausage & Cheese on Bagel Fruit Juice Milk</p> | <p>21 Elementary Breakfast Iced Cinnamon Roll Juice Cup Milk</p> <p>Middle & High School Iced Cinnamon Roll Juice Cup Milk</p> | <p>22 No School</p> <p>Middle and High School No School</p> |
| <p>25 Elementary Breakfast Blueberry Muffin Cheese Stick Fruit Milk</p> <p>Middle & High School Breakfast Pizza Juice or Fruit Milk</p> | <p>26 Elementary Breakfast Cheese Omelet Mini Bagel Juice Cup Milk</p> <p>Middle & High School Cheese Omelet Mini Bagel Juice Cup Milk</p> | <p>27 Elementary Breakfast Graham Cracker Sticks Yogurt cup Fruit Milk</p> <p>Middle & High School Waffle Sticks Sausage Links Applesauce Cup Milk</p> | <p>28 Elementary Breakfast Pancake on a Stick Fruit Milk</p> <p>Middle & High School Pancake on a Stick Fruit Milk</p> | <p>29 Elementary Breakfast Nutri Grain Bar String Cheese Applesauce Milk</p> <p>Middle & High School Egg/Ham/Cheese on English Muffin Juice Cup Milk</p> |

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month

NEW!

Breakfast is now offered at all school locations. Consult each building for serving times. Please consult the take home information for your particular location as to a free breakfast for you and your child this month at the following schools- Arboretum, Prairie & Waunakee High School.

FOOD 4 Thought

Skipping breakfast is a common strategy for losing weight, but not a smart one. Many people believe that they will lose weight if they skip meals, but that just isn't true; the body expects to be refueled a few times each day -- starting with breakfast.

BREAKFAST PRICES

| | |
|-----------------|--------|
| Elementary | \$1.25 |
| Secondary | \$1.50 |
| Reduced | \$0.30 |
| Additional Milk | \$0.35 |
| Adult | \$2.00 |

Menus subject to change without notice.

Milk Choice of 1%, Skim and 1% Chocolate is included with Breakfast

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To check the balance in your account go to www.waunakee.k12.wi.us
Lunch Acct. Questions 849-2185
Food Service Director Vicki Hoyer