



JAC-CEN-DEL ELEM. SCHOOL

4 WEEK CYCLE BREAKFAST MENU

School year 2019/20



SERVING TIME
7:30– 8:10

PRICES
\$1.35
No charge for Reduced category

MILK
1% WHITE 100/120/ 13
FF CHOCOLATE 120/240 20

JUICE
APPLE 60/15/14
GRAPE 80/15/18
ORANGE 50/15/
FRUIT PUNCH 60/10//14

FRUIT AVERAGE
60, 2, CARBS VARY

Students choose from **Choice 1 or 2**, then may also take a milk, fruit, and juice . To meet new requirements, they **MUST** take a fruit or juice for meal to pass, but may take both.

Mon	Tue	Wed	Thu	Fri
<p>CHOICE 1 SAUSAGE BREAKFAST PIZZA 210 350</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 /110 AND WG TOAST 60 70 BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG POP TART 180/180 AND SUNBUTTER 1/2T 50 30 SANDWICH 60 70</p>	<p>CHOICE 1 OMELET W/ CHEDDAR 120/ 300 WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p> <p>CHOICE 2 WG POP TART 180/180 OR CEREAL 110 150 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 WG PANCAKES 220/ 470 SYRUP 80 /25</p> <p>CHOICE 2 CEREAL 110 150 OR WG MUFFIN 190 130 AND SUNBUTTER 1/2T 50 SANDWICH 60 70</p>	<p>CHOICE 1 BISCUIT 180 430 SAUSAGE GRAVY(1/2 CP) 164/213</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 110 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>
<p>CHOICE 1 SAUSAGE BREAKFAST PIZZA 210 350</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 /110 AND WG TOAST 60 70 BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG POP TART 180/180 AND SUNBUTTER 1/2T 50 30 SANDWICH 60 70</p>	<p>CHOICE 1 COOKS CHOICE</p> <p>CHOICE 2 WG POP TART 180/180 OR CEREAL 110 150 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG MUFFIN 190 130 AND SUNBUTTER 1/2T 50 SANDWICH 60 70</p>	<p>CHOICE 1 BISCUIT 180 430 SAUSAGE GRAVY(1/2 CP) 164/213</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 110 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>
<p>CHOICE 1 SAUSAGE BREAKFAST PIZZA 210 350</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 /110 AND WG TOAST 60 70 BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG POP TART 180/180 AND SUNBUTTER 1/2T 50 30 SANDWICH 60 70</p>	<p>CHOICE 1 OMELET W/ CHEDDAR 120/ 300 WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p> <p>CHOICE 2 WG POP TART 180/180 OR CEREAL 110 150 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 PANCAKE & SAUSAGE ON A STICK 200 310</p> <p>CHOICE 2 CEREAL 110 150 OR WG MUFFIN 190 130 AND SUNBUTTER 1/2T 50 SANDWICH 60 70</p>	<p>CHOICE 1 BISCUIT 180 430 SAUSAGE GRAVY(1/2 CP) 164/213</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 110 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>
<p>CHOICE 1 SAUSAGE BREAKFAST PIZZA 210 350</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 /110 AND WG TOAST 60 70 BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG POP TART 180/180 AND SUNBUTTER 1/2T 50 30 SANDWICH 60 70</p>	<p>CHOICE 1 BACON 60 120 EGG 50/120 & CHEESE 26/49 ON BISCUIT 180 430</p> <p>CHOICE 2 WG POP TART 180/180 OR CEREAL 110 150 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>	<p>CHOICE 1 W.G.DONUT 280 / 300 DONUT GLAZE 65 /0</p> <p>CHOICE 2 CEREAL 110 150 OR WG MUFFIN 190 130 AND SUNBUTTER 1/2T 50 SANDWICH 60 70</p>	<p>CHOICE 1 BISCUIT 180 430 SAUSAGE GRAVY(1/2 CP) 164/213</p> <p>CHOICE 2 CEREAL 110 150 OR CEREAL BAR 150 110 AND WG TOAST 60 70 WHIPPED BUTTER 1/2 T 35 27</p>

1st week of the month

DELAYED START WEDNESDAYS MENU WILL CHANGE TO GRAB N GO ITEMS

2nd week of the month

3rd week of the month

MENU SUBJECT TO CHANGE

CHOICE OF MILK, FRUIT & JUICE DAILY

4th week of the month

CALORIES(RED)
SODIUM(GREEN)