

Menus are subject to change without notice.

Week One				
WG Hot Granola Round Fruit and Juice Choice Milk Choice	WG Mini Pancakes Fruit Choice Milk Choice	Yogurt Parfait with Granola Fruit and Juice Choice Milk Choice	WG Maple Cinnamon Dippers Cottage Cheese Fruit Choice Milk Choice	WG Homemade Muffin Cheesestick Fruit Choice Milk Choice

Week Two				
WG Benefit Bar Fruit Choice Milk Choice	Cheese Omelet Chicken Sausage Link WG Toast Fruit Choice Milk Choice	Fruit and Yogurt Smoothie WG Thin Crisps Fruit Choice Milk Choice	WG Breakfast Pizza Fruit Choice Milk Choice	Assorted WG Snack Bread Cheese Stick Fruit Choice Milk Choice

Week Three				
WG Hot Granola Round Fruit and Juice Choice Milk Choice	WG Mini Pancakes Fruit Choice Milk Choice	Yogurt Parfait with Granola Fruit and Juice Choice Milk Choice	WG Maple Cinnamon Dippers Cottage Cheese Fruit Choice Milk Choice	WG Homemade Muffin Cheesestick Fruit Choice Milk Choice

Week Four				
WG Benefit Bar Fruit Choice Milk Choice	Cheese Omelet Chicken Sausage Link WG Toast Fruit Choice Milk Choice	Fruit and Yogurt Smoothie WG Thin Crisps Fruit Choice Milk Choice	WG Breakfast Pizza Fruit Choice Milk Choice	Assorted WG Snack Bread Cheese Stick Fruit Choice Milk Choice

Offered daily: cold cereal choices, wheat toast, milk, fruit choices and 100% fruit juice.



### Keys to Success with School Breakfast:

- 1) Start the day with whole grains and protein
- 2) Increase your ability to focus
- 3) Decrease lost time from school with illness
- 4) Consume 1/3 of your daily calories
- 5) Get the energy you need to perform your best at school

**\*All Northfield Kindergarten students receive free breakfast.**

### Breakfast is important...fuel up to help your day take off.

#### Simple Breakfast Ideas:

- \*Banana with peanut butter
- \*Banana sliced into yogurt
- \*Oatmeal with fruit-like apples, peaches, berries
- \*Tortilla with peanut butter and any fruit
- \*Breakfast smoothies-berries, milk, yogurt, ice
- \*String cheese and apple slices
- \*Cold cereal mixed in low-fat yogurt
- \*WG granola bar and fresh fruit