2020-21 Hybrid and Distance Learning Days Breakfast Menu

Menus are subject to change without notice.

Hybrid In-person: Week 1 (February 1, 15; March 1, 15)				
WG Benefit Bar Fruit Choice Milk Choice Maroon Cohort	Assorted WG Snack Bread Fruit Choice Milk Choice Maroon Cohort	No School	WG Benefit Bar Fruit Choice Milk Choice Gold Cohort	Assorted WG Snack Bread Fruit Choice Milk Choice Gold Cohort

Hybrid In-person: Week 2 (February 8, 22; March 8, 29)				
WG Hot Granola Round Fruit or Juice Choice Milk Choice Maroon Cohort	WG Mini Bagel or Mini Cinni Fruit Choice Milk Choice Maroon Cohort	No School	WG Hot Granola Round Fruit or Juice Choice Milk Choice Gold Cohort	WG Mini Bagel or Mini Cinni Fruit Choice Milk Choice Gold Cohort

Hybrid Distance Learning Days: Week 1 (February 1, 15; March 1, 15)				
WG Muffin Fruit or Juice Choice Milk Choice Gold Cohort	WG Frudel or Mini Cinni Fruit Choice Milk Choice Gold Cohort	Assorted WG Cereal or WG Muffin Fruit or Juice Choice Milk Choice Maroon/Gold Cohort	WG Muffin Fruit or Juice Choice Milk Choice Maroon Cohort	WG Frudel or Mini Cinni Fruit Choice Milk Choice Maroon Cohort

Hybrid Distance Learning Days: Week 2 (February 8, 22; March 8, 29)				
Assorted WG Snack Bread Fruit Choice Milk Choice Gold Cohort	Assorted WG Bagel Fruit or Juice Choice Milk Choice Gold Cohort	Assorted WG Cereal or WG Muffin Fruit or Juice Choice Milk Choice Maroon/Gold Cohort	Assorted WG Snack Bread Fruit Choice Milk Choice Maroon Cohort	Assorted WG Bagel Fruit or Juice Choice Milk Choice Gold Cohort

Menu will rotate on a two week basis

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

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

This institution is an equal opportunity provider.