

JULY 2018

WCSU Summer SOAK

Monday

Scrambled Eggs **2**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or Milk
 Yogurt or Cheese Stick

Scrambled Eggs **9**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or Milk
 Yogurt or Cheese Stick

Scrambled Eggs **16**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or Milk
 Yogurt or Cheese Stick

Scrambled Eggs **23**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or Milk
 Yogurt or Cheese Stick

30

Tuesday

Egg Sandwich **3**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or milk
 Yogurt or Cheese Stick

Egg Sandwich **10**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or milk
 Yogurt or Cheese Stick

Egg Sandwich **17**
 Whole Grain Bagel & Cereals
 Choice of Fruit
 100% orange Juice or milk
 Yogurt or Cheese Stick

Egg Sandwich **24**
 Whole Grain Bagel Cereals
 Choice of Fruit
 100% orange Juice or milk
 Yogurt or Cheese Stick

31

Wednesday

Happy 4th of July **4**
 No Summer SOAK

Inspire Day! **11**
 Grab and Go Breakfast Options!

Homemade Whole Grain Muffin **18**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

Homemade Whole Grain Muffin **25**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

Thursday

King Arthur Whole Grain Pancakes **5**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

King Arthur Whole Grain Pancakes **12**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

King Arthur Whole Grain Pancakes **19**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

King Arthur Whole Grain Pancakes **26**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or Cheese Stick

Friday

Fruit & Yogurt Smoothies **6**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or cheese stick

Fruit & Yogurt Smoothies **13**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or cheese stick

Fruit & Yogurt Smoothies **20**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or cheese stick

Fruit & Yogurt Smoothies **27**
 Whole Grain Bagel & Cereals
 Choice of fruit
 100% orange juice or milk
 Yogurt or cheese stick