

SOUTHERN WELLS COMMUNITY SCHOOLS

BREAKFAST MENU

2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pancake on a stick Fruit choice Milk	Mini Cinni Fruit choice Milk	Mini pancakes Fruit choice Milk	Breakfast pizza Fruit choice Milk	Ham/cheese breakfast sand. Fruit choice Milk
Week 2	Choc chip French toast Fruit choice Milk	The Max breakfast pizza -HS Chocolate crescent- E Fruit choice Milk	Breakfast Potato Bites Fruit choice Milk	Breakfast taco Fruit choice Milk	Ham/cheese on croissant Fruit choice Milk
Week 3	Mini waffles Fruit choice Milk	Apple or Cherry Frudel Fruit choice Milk	Sausage gravy on biscuit Fruit choice Milk	Breakfast pizza Fruit choice Milk	Sausage pig in a blanket Fruit choice Milk
DATES	Week 1 8/8 10/31 8/29 11/21 9/19 12/12 10/10	Week 2 8/15 11/7 9/5 11/28 9/26 12/19 10/17	Week 3 8/22 11/14 9/12 12/5 10/3 10/24	MUST PICK ½ CUP FRUIT	MENU'S SUBJECT TO CHANGE
	M-Pop tart option	T- Muffin option	W-Cereal bowl option	Th- Ubr bar option	F-Celebration Bar option