

SOUTHERN WELLS COMMUNITY SCHOOLS

BREAKFAST MENU

2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Mini pancake wraps 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	Bagel pizza -HS Chocolate crescent- E Fruit choice Milk	Apple cinnamon French toast Fruit choice Milk	Breakfast uncrustable Fruit choice Milk	Ham/cheese on croissant Fruit choice Milk
Week 3	Mini waffles Fruit choice Milk	Apple frudel Fruit choice Milk	Sausage gravy on biscuit Fruit choice Milk	Breakfast pizza Fruit choice Milk	Sausage bagel sand. Fruit choice Milk
DATES	Week 1 1/2 3/27 1/23 4/17 2/13 5/8 3/6 M-Pop tart option	Week 2 1/9 4/3 1/30 4/24 2/20 5/15 3/13 T- Muffin option	Week 3 1/16 4/10 2/6 5/1 2/27 5/22 3/20 W-Cereal bowl option	MUST PICK ½ CUP FRUIT Th- Ubr bar option	MENUS SUBJECT TO CHANGE F-Glaze donut option