



Nord School

# BREAKFAST MENU

2022-2023 4-week cycle

**Breakfast price of \$1.80**

Includes choice of 3 or 4 components: Grains or Grain+Protein, Fruit & Milk.

**Reduced Price Breakfast  
Costs \$0.30 for those who qualify**

Breakfast begins at 8:20 AM

## WEEK 1

### MONDAY

WG Granola Bar (%\*#)  
Choice of Fruit  
Milk(%)

### TUESDAY

WG Donut(%\*)  
Choice of Fruit  
Milk(%)

### WEDNESDAY

WG Cereal Bar(%\*)  
Choice of Fruit  
Milk(%)

### THURSDAY

Ult. Breakfast Round(%\*^)  
| Apple Cinn. Bread(%\*^)  
Choice of Fruit  
Milk(%)

### FRIDAY

WG Pop Tart(\*)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

## WEEK 2

### MONDAY

WG Cereal bar(\*)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

### TUESDAY

WG Donut(%\*)  
Choice of Fruit  
Milk(%)

### WEDNESDAY

WG Muffin(\*^%)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

### THURSDAY

WG Cinnamon Roll%\*  
Choice of Fruit  
Milk%

### FRIDAY

WG Cocoa Cherry Bar\*  
Yogurt% | String Cheese(%)  
Choice of Fruit  
Milk(%)

## WEEK 3

### MONDAY

WG Granola Bar (%\*#)  
Choice of Fruit  
Milk(%)

### TUESDAY

WG Donut(%\*)  
Choice of Fruit  
Milk(%)

### WEDNESDAY

WG Cereal Bar(%\*)  
Choice of Fruit  
Milk(%)

### THURSDAY

Ult. Breakfast Round(%\*^)  
| Apple Cinn. Bread(%\*^)  
Choice of Fruit  
Milk(%)

### FRIDAY

WG Pop Tart(\*)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

## WEEK 4

### MONDAY

WG Cereal Bar (\*)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

### TUESDAY

WG Donut(%\*)  
Choice of Fruit  
Milk(%)

### WEDNESDAY

WG Muffin(\*^%)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

### THURSDAY

WG Frudel(%\*)  
Choice of Fruit  
Milk(%)

### FRIDAY

WG S'mores Cereal Bar(\*)  
Yogurt(%) | String Cheese(%)  
Choice of Fruit  
Milk(%)

## ALLERGENS

\* = gluten

^ = egg

% = dairy

# = may contain nuts

These are only a GUIDE.

*This institution is an equal opportunity provider.*