

# WATKINS GLEN 2017-2018 BREAKFAST MENU

**YOU MAY CHOOSE 1  
(EACH = 2 ITEMS)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ULTIMATE BREAKFAST ROUND	FRENCH TOAST STICKS	BREAKFAST ON A STICK	MINI PANCAKES OR WAFFLES	BREAKFAST SANDWICH OR BREAKFAST WRAP
CINNAMON ROLL or CINNAMON STICK	CINNAMON ROLL or CINNAMON STICK	CINNAMON ROLL or CINNAMON STICK	CINNAMON ROLL or CINNAMON STICK	CINNAMON ROLL or CINNAMON STICK
WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine

**\*\*ALL BREAD ITEMS ARE 51% WHOLE GRAIN RICH\*\***

**OR**

**YOU MAY CHOOSE UP TO  
2 DIFFERENT ITEMS  
(EACH = 1 ITEM)**

- \* GOLDFISH GRAHAM CRACKER
- \* CEREAL BOWL
- \* OATMEAL
- \* SMART CHOICE MUFFIN TOP
- \* BREAKFAST OATMEAL BAR
- \* YOGURT
- \* BREAKFAST SMOOTHIE (MS & HS ONLY) - Counts as 1 fruit choice

<b>BREAKFAST PRICES</b>	
Student Meal:	\$1.20
Reduced Meal:	\$0.25
Juice:	\$0.75
Milk:	\$0.75

**AND**

**YOU MUST CHOOSE 1  
YOU MAY CHOOSE 2  
(EACH = 1 ITEM)**

**FRESH OR CANNED FRUIT  
100% FRUIT JUICE**  
Only one choice can be a juice



**YOU MAY  
ALSO CHOOSE  
(EACH = 1 ITEM)**

**1 ASSORTED LOW FAT MILK**

**IMPORTANT NOTE:**  
A complete breakfast must consist of a minimum of 3 items, and 1 item must be a serving of fruit or fruit juice.