



**WIDE RUINS COMMUNITY SCHOOL - FOOD SERVICES DEPARTMENT**  
**2023 BREAKFAST MENU - JANUARY / MAY 2023**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1/2/2023</b>	<b>1/3/2023</b>	<b>1/4/2023</b>	<b>1/5/2023</b>	<b>1/6/2023</b>
Breakfast Sausage Pizza Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sandwich Graham Crackers Strawberries Milk 1% Milk Choc Fat Free	Oatmeal Whole Wheat Toast Strawberry, Fresh Blueberries Milk 1% Milk Choc Fat Free	Bagel Blueberry WW Cream Cheese Mixed Berries Milk 1% Milk Choc Fat Free	Breakfast Burrito Banana Slices Milk 1% Milk Choc Fat Free
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1/9/2023</b>	<b>1/10/2023</b>	<b>1/11/2023</b>	<b>1/12/2023</b>	<b>1/13/2023</b>
Cream of Wheat Whole Wheat Toast Blueberries Strawberry, Fresh Milk Choc Fat Free Milk 1%	Granola Darlington Animal Cracker Peach Slices Milk 1% Milk Choc Fat Free	Overnight Oats Apple Wedges Milk 1% Milk Choc Fat Free	Biscuit & Sausage Gravy Orange Chunks Milk Choc Fat Free Milk 1%	Sausage & pancake bites Syrup Pineapple Tidbit Milk Choc Fat Free Milk 1%
<b>1/16/2023</b>	<b>1/17/2023</b>	<b>1/18/2023</b>	<b>1/19/2023</b>	<b>1/20/2023</b>
Breakfast Taco Fresh Grapes Milk 1% Milk Choc Fat Free	Egg and Cheese Croissant Fruit Cup with banana Milk 1% Milk Choc Fat Free	Scrambled Eggs Turkey Bacon Tortilla Whole Wheat 6 in Honeydew Melon Milk 1% Milk Choc Fat Free	Oatmeal Apple Wedges Chocolate Mini Gripz Milk 1% Milk Choc Fat Free	Cinnamon Roll WG Berries & Banana Milk 1% Milk Choc Fat Free
<b>1/23/2023</b>	<b>1/24/2023</b>	<b>1/25/2023</b>	<b>1/26/2023</b>	<b>1/27/2023</b>
Breakfast Sandwich Animal Crackers Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sausage Pizza Canteloupe Milk Choc Fat Free Milk 1%	Cream of Wheat Fruit Cocktail Milk 1% Milk Choc Fat Free	Blueberry oatmeal bar Mango Chunks Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Strawberries Milk 1% Milk Choc Fat Free

<b>1/30/2023</b>	<b>1/31/2023</b>	<b>2/1/2023</b>	<b>2/2/2023</b>	<b>2/3/2023</b>
Waffles Blueberry Bash Syrup  Grapes and Mandarins Milk 1% Milk Choc Fat Free	Blue Cornmeal Mush FRUIT COCKTAIL:canned,lt svrup Toast Assorted Juice Milk 1% Milk Choc Fat Free	Whole Wheat Bagel Cream Cheese Plain  Apple Wedges Milk Choc Fat Free Milk 1%	Boiled Egg Bread Whole Wheat  Fruit,whl Banana Milk Choc Fat Free Milk 1%	English Muffin Sausage Patty  Mandarin Oranges Milk Choc Fat Free Milk 1%
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2/6/2023</b>	<b>2/7/2023</b>	<b>2/8/2023</b>	<b>2/9/2023</b>	<b>2/10/2023</b>
Oatmeal Mixed Berries Milk Choc Fat Free Milk 1%	Egg and Cheese Croissant Fruit,whl Banana Milk Choc Fat Free Milk 1%	Cini Mini Kiwi Fruit Milk Choc Fat Free Milk 1%	Chorizo and Eggs Whole Wheat Tortilla Fresh Grapes Milk Choc Fat Free Milk 1%	Sausage Pancake on a Stick Syrup Pancake Cup Canteloupe Milk Choc Fat Free Milk 1%
<b>2/13/2023</b>	<b>2/14/2023</b>	<b>2/15/2023</b>	<b>2/16/2023</b>	<b>2/17/2023</b>
Breakfast Sausage Pizza Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sandwich Graham Crackers Strawberries Milk 1% Milk Choc Fat Free	Oatmeal Whole Wheat Toast Strawberry, Fresh Blueberries Milk 1% Milk Choc Fat Free	Bagel Blueberry WW Cream Cheese Mixed Berries Milk 1% Milk Choc Fat Free	Breakfast Burrito Banana Slices Milk 1% Milk Choc Fat Free
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2/20/2023</b>	<b>2/21/2023</b>	<b>2/22/2023</b>	<b>2/23/2023</b>	<b>2/24/2023</b>
Cream of Wheat Whole Wheat Toast Blueberries Strawberry, Fresh Milk Choc Fat Free Milk 1%	Granola Darlington Animal Cracke Peach Slices Milk 1% Milk Choc Fat Free	Overnight Oats Apple Wedges Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Orange Chunks Milk Choc Fat Free Milk 1%	Sausage & pancake bites Syrup Pineapple Tidbit Milk Choc Fat Free Milk 1%
<b>2/27/2023</b>	<b>2/28/2023</b>	<b>3/1/2023</b>	<b>3/2/2023</b>	<b>3/3/2023</b>
Breakfast Taco Fresh Grapes Milk 1% Milk Choc Fat Free	Egg and Cheese Croissant Fruit Cup with banana Milk 1% Milk Choc Fat Free	Scrambled Eggs Turkey Bacon Tortilla Whole Wheat 6 in Honeydew Melon	Oatmeal Apple Wedges Chocolate Mini Gripz Milk 1%	Cinnamon Roll WG Berries & Banana Milk 1% Milk Choc Fat Free

		Milk 1% Milk Choc Fat Free	Milk Choc Fat Free	
<b>3/6/2023</b>	<b>3/7/2023</b>	<b>3/8/2023</b>	<b>3/9/2023</b>	<b>3/10/2023</b>
Breakfast Sandwich Animal Crackers Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sausage Pizza Canteloupe Milk Choc Fat Free Milk 1%	Cream of Wheat Fruit Cocktail Milk 1% Milk Choc Fat Free	Blueberry oatmeal bar Mango Chunks Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Strawberries Milk 1% Milk Choc Fat Free
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3/13/2023</b>	<b>3/14/2023</b>	<b>3/15/2023</b>	<b>3/16/2023</b>	<b>3/17/2023</b>
Waffles Blueberry Bash Syrup  Grapes and Mandarins Milk 1% Milk Choc Fat Free	Blue Cornmeal Mush FRUIT COCKTAIL:canned,lt svrup Toast Assorted Juice Milk 1% Milk Choc Fat Free	Whole Wheat Bagel Cream Cheese Plain  Apple Wedges Milk Choc Fat Free Milk 1%	Boiled Egg Bread Whole Wheat  Fruit,whl Banana Milk Choc Fat Free Milk 1%	English Muffin Sausage Patty  Mandarin Oranges Milk Choc Fat Free Milk 1%
<b>3/20/2023</b>	<b>3/21/2023</b>	<b>3/22/2023</b>	<b>3/23/2023</b>	<b>3/24/2023</b>
Oatmeal Mixed Berries Milk Choc Fat Free Milk 1%	Egg and Cheese Croissant Fruit,whl Banana Milk Choc Fat Free Milk 1%	Cini Mini Kiwi Fruit Milk Choc Fat Free Milk 1%	Chorizo and Eggs Whole Wheat Tortilla Fresh Grapes Milk Choc Fat Free Milk 1%	Sausage Pancake on a Stick Syrup Pancake Cup Canteloupe Milk Choc Fat Free Milk 1%
<b>3/27/2023</b>	<b>3/28/2023</b>	<b>3/29/2023</b>	<b>3/30/2023</b>	<b>3/31/2023</b>
Breakfast Sausage Pizza Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sandwich Graham Crackers Strawberries Milk 1% Milk Choc Fat Free	Oatmeal Whole Wheat Toast Strawberry, Fresh Blueberries Milk 1% Milk Choc Fat Free	Bagel Blueberry WW Cream Cheese Mixed Berries Milk 1% Milk Choc Fat Free	Breakfast Burrito Banana Slices Milk 1% Milk Choc Fat Free
<b>4/3/2023</b>	<b>4/4/2023</b>	<b>4/5/2023</b>	<b>4/6/2023</b>	<b>4/7/2023</b>
Cream of Wheat Whole Wheat Toast Blueberries Strawberry, Fresh	Granola Darlington Animal Cracke Peach Slices Milk 1%	Overnight Oats Apple Wedges Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Orange Chunks Milk Choc Fat Free Milk 1%	Sausage & pancake bites Syrup Pineapple Tidbit Milk Choc Fat Free

Milk Choc Fat Free Milk 1%	Milk Choc Fat Free			Milk 1%
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>4/10/2023</b>	<b>4/11/2023</b>	<b>4/12/2023</b>	<b>4/13/2023</b>	<b>4/14/2023</b>
Breakfast Taco Fresh Grapes Milk 1% Milk Choc Fat Free	Egg and Cheese Croissant Fruit Cup with banana Milk 1% Milk Choc Fat Free	Scrambled Eggs Turkey Bacon Tortilla Whole Wheat 6 in Honeydew Melon Milk 1% Milk Choc Fat Free	Oatmeal Apple Wedges Chocolate Mini Gripz Milk 1% Milk Choc Fat Free	Cinnamon Roll WG Berries & Banana Milk 1% Milk Choc Fat Free
<b>4/17/2023</b>	<b>4/18/2023</b>	<b>4/19/2023</b>	<b>4/20/2023</b>	<b>4/21/2023</b>
Breakfast Sandwich Animal Crackers Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sausage Pizza Canteloupe Milk Choc Fat Free Milk 1%	Cream of Wheat Fruit Cocktail Milk 1% Milk Choc Fat Free	Blueberry oatmeal bar Mango Chunks Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Strawberries Milk 1% Milk Choc Fat Free
<b>4/24/2023</b>	<b>4/25/2023</b>	<b>4/26/2023</b>	<b>4/27/2023</b>	<b>4/28/2023</b>
Waffles Blueberry Bash Syrup Grapes and Mandarins Milk 1% Milk Choc Fat Free	Blue Cornmeal Mush FRUIT COCKTAIL:canned,lt svrup Toast Assorted Juice Milk 1% Milk Choc Fat Free	Whole Wheat Bagel Cream Cheese Plain Apple Wedges Milk Choc Fat Free Milk 1%	Boiled Egg Bread Whole Wheat Fruit,whl Banana Milk Choc Fat Free Milk 1%	English Muffin Sausage Patty Mandarin Oranges Milk Choc Fat Free Milk 1%
<b>5/1/2023</b>	<b>5/2/2023</b>	<b>5/3/2023</b>	<b>5/4/2023</b>	<b>5/5/2023</b>
Oatmeal Mixed Berries Milk Choc Fat Free Milk 1%	Egg and Cheese Croissant Fruit,whl Banana Milk Choc Fat Free Milk 1%	Cini Mini Kiwi Fruit Milk Choc Fat Free Milk 1%	Chorizo and Eggs Whole Wheat Tortilla Fresh Grapes Milk Choc Fat Free Milk 1%	Sausage Pancake on a Stick Syrup Pancake Cup Canteloupe Milk Choc Fat Free Milk 1%
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5/8/2023</b>	<b>5/9/2023</b>	<b>5/10/2023</b>	<b>5/11/2023</b>	<b>5/12/2023</b>
Breakfast Sausage Pizza Fresh Fruit Milk 1%	Breakfast Sandwich Graham Crackers Strawberries	Oatmeal Whole Wheat Toast Strawberry, Fresh	Bagel Blueberry WW Cream Cheese Mixed Berries	Breakfast Burrito Banana Slices Milk 1%

Milk Choc Fat Free	Milk 1% Milk Choc Fat Free	Blueberries Milk 1% Milk Choc Fat Free	Milk 1% Milk Choc Fat Free	Milk Choc Fat Free
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>5/15/2023</b>	<b>5/16/2023</b>	<b>5/17/2023</b>	<b>5/18/2023</b>	<b>5/19/2023</b>
Cream of Wheat Whole Wheat Toast Blueberries Strawberry, Fresh Milk Choc Fat Free Milk 1%	Granola Darlington Animal Cracke Peach Slices Milk 1% Milk Choc Fat Free	Overnight Oats Apple Wedges Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Orange Chunks Milk Choc Fat Free Milk 1%	Sausage & pancake bites Syrup Pineapple Tidbit Milk Choc Fat Free Milk 1%
<b>5/22/2023</b>	<b>5/23/2023</b>	<b>5/24/2023</b>	<b>5/25/2023</b>	<b>5/26/2023</b>
Breakfast Taco Fresh Grapes Milk 1% Milk Choc Fat Free	Egg and Cheese Croissant Fruit Cup with banana Milk 1% Milk Choc Fat Free	Scrambled Eggs Turkey Bacon Tortilla Whole Wheat 6 in Honeydew Melon Milk 1% Milk Choc Fat Free	Oatmeal Apple Wedges Chocolate Mini Gripz Milk 1% Milk Choc Fat Free	Cinnamon Roll WG Berries & Banana Milk 1% Milk Choc Fat Free
<b>5/29/2023</b>	<b>5/30/2023</b>	<b>5/31/2023</b>	<b>6/1/2023</b>	<b>6/2/2023</b>
Breakfast Sandwich Animal Crackers Fresh Fruit Milk 1% Milk Choc Fat Free	Breakfast Sausage Pizza Canteloupe Milk Choc Fat Free Milk 1%	Cream of Wheat Fruit Cocktail Milk 1% Milk Choc Fat Free	Blueberry oatmeal bar Mango Chunks Milk 1% Milk Choc Fat Free	Biscuit and Sausage Gravy Strawberries Milk 1% Milk Choc Fat Free
<b>6/5/2023</b>	<b>6/6/2023</b>	<b>6/7/2023</b>	<b>6/8/2023</b>	<b>6/9/2023</b>
Waffles Blueberry Bash Syrup Grapes and Mandarins Milk 1% Milk Choc Fat Free	Blue Cornmeal Mush FRUIT COCKTAIL:canned,lt svrup Toast Assorted Juice Milk 1% Milk Choc Fat Free	Whole Wheat Bagel Cream Cheese Plain Apple Wedges Milk Choc Fat Free Milk 1%	Boiled Egg Bread Whole Wheat Fruit,whl Banana Milk Choc Fat Free Milk 1%	English Muffin Sausage Patty Mandarin Oranges Milk Choc Fat Free Milk 1%
<b>6/12/2023</b>	<b>6/13/2023</b>	<b>6/14/2023</b>	<b>6/15/2023</b>	<b>6/16/2023</b>
Breakfast Sandwich	Breakfast Sausage Pizza	Cream of Wheat	Blueberry oatmeal bar	Biscuit & Sausage Gravy

Animal Crackers Fresh Fruit Milk 1% Milk Choc Fat Free	Cantaloupe Milk Choc Fat Free Milk 1%	Fruit Cocktail Milk 1% Milk Choc Fat Free	Mango Chunks Milk 1% Milk Choc Fat Free	Strawberries Milk 1% Milk Choc Fat Free
<b>6/19/2023</b>	<b>6/20/2023</b>	<b>6/21/2023</b>	<b>6/22/2023</b>	<b>6/23/2023</b>
Waffles Blueberry Bash Syrup Grapes and Mandarins Milk 1% Milk Choc Fat Free	Blue Cornmeal Mush FRUIT COCKTAIL:canned Toast Assorted Juice Milk 1% Milk Choc Fat Free	Whole Wheat Bagel Cream Cheese Plain Apple Wedges Milk Choc Fat Free Milk 1%	Boiled Egg Bread Whole Wheat Fruit,whl Banana Milk Choc Fat Free Milk 1%	English Muffin Sausage Patty Mandarin Oranges Milk Choc Fat Free Milk 1%
<b>6/26/2023</b>	<b>6/27/2023</b>	<b>6/28/2023</b>	<b>6/29/2023</b>	<b>6/30/2023</b>
Oatmeal Mixed Berries Milk Choc Fat Free Milk 1%	Egg & Cheese Croissant Fruit,whl Banana Milk Choc Fat Free Milk 1%	Cini Mini Kiwi Fruit Milk Choc Fat Free Milk 1%	Chorizo and Eggs Whole Wheat Tortilla Fresh Grapes Milk Choc Fat Free Milk 1%	Sausage Pancake on a Stick Syrup Pancake Cup Cantaloupe Milk Choc Fat Free Milk 1%