

TIGER BREAKFAST

PROGRAM



WILCOX AND BISSELL - BREAKFAST MENU - 2017-18

TRIX YOGURT AND **Yoplait GRAHAM CRACKERS**

MONDAY

CRUNCHMANIA SNACKS

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

TUESDAY

HOMEMADE GRANULATED SUGAR

COATED DONUT (whole grain)

CRUNCHMANIA SNACKS

TRIX YOGURT AND GRAHAM **CRACKERS**

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE

> FRESH FRUIT CHOICE OF MILK

WEDNESDAY



TONY'S **BREAKFAST** PIZZA (REAL PIZZA w/ cheese & Turkey sausage)

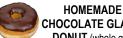
OR CRUNCHMANIA SNACKS

TRIX YOGURT AND GRAHAM **CRACKERS**

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE

> FRESH FRUIT CHOICE OF MILK

THURSDAY



CHOCOLATE GLAZED **DONUT** (whole grain)

CRUNCHMANIA SNACKS

TRIX YOGURT AND GRAHAM **CRACKERS**

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

FRIDAY

PANCAKE SAUSAGE -turkey WRAP ON A STICK

CRUNCHMANIA SNACKS

TRIX YOGURT AND GRAHAM **CRACKERS**

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

BREAKFAST PRICE: \$1.50

All Breakfasts include a Fatfree Choc or 1% White Milk Milk offered for .50 cents Reduced-price is 30 cents per breakfast. Free lunch students receive Free Breakfast as well.

Our menus are planned by **Registered Dietitian Mark** Bindus and are

certified by the USDA to meet or exceed the highest standards required. **HealthierUS School**

Students must select a minimum of 3 items to qualify as a reimbursable breakfast! Students must take at least one serving of fruit or juice.

ALL BREAKFAST ENTREES ARE HEALTHY WHOLE GRAINS TO COMPLY WITH FEDERAL STANDARDS.

BREAKFAST SERVING TIMES:

WILCOX - 8:05AM - 8:25AM

BISSELL - 8:35AM - 8:55AM

HOW MUCH DOES BREAKFAST COST?

If you currently are eligible to receive a FREE LUNCH, then you are eligible for a FREE BREAKFAST as well!

If you currently are eligible to receive a REDUCED PRICE LUNCH, then you can get breakfast for 30 cents!

If you currently pay full price for lunch, then you would have to pay the full price of breakfast which is \$1.50!

Want access to useful nutrition information and updates on our lunch program? Then follow me on Twitter at https://twitter.com/TwinTigerRD



Tiger Breakfast - a Great Start for your Brain and your Bodyl

Now even better with Tiger Breakfast Rewards

The more times you eat SCHOOL BREAKFAST the more chances you get to win COOL monthly prizes!