

# 2022-2023 Breakfast Menu



SEBASTOPOQL CHARTER  
A Public Waldorf School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>WG Pop Tart</b> Dry Fruit	<b>WG/Reduced Sugar Cereal Bowl</b>	<b>Nutrigrain Bar</b> Orange Juice	<b>Whole Wheat Bagel with Cream Cheese</b>	<b>WG Blueberry Muffin</b>
Week 2					
	<b>Nutrigrain Bar</b> Orange Juice	<b>WG/Reduced Sugar Cereal Bowl</b>	<b>Granola Bar &amp; Low-fat Yogurt</b> Frz Fruit Cup	<b>Pillsbury Strawberry Mini Bagel</b>	<b>Graham Crackers</b> w/Peanut butter
Week 3					
	<b>WG Pop Tart</b> Dry Fruit	<b>WG/Reduced Sugar Cereal Bowl</b>	<b>Cereal Bar</b> Orange Juice	<b>Whole Wheat Bagel with Cream Cheese</b>	<b>WG Apple Cinnamon Muffin</b>
Week 4					
	<b>Nutrigrain Bar</b> Orange Juice	<b>WG/Reduced Sugar Cereal Bowl</b>	<b>Granola Bar &amp; Low-fat Yogurt</b> Frz Fruit Cup	<b>Whole Wheat Bagel with Cream Cheese</b>	<b>Graham Crackers</b> w/Peanut butter
<b><u>Instant Oatmeal available daily</u></b> Variety or Seasonal Fresh Fruit available with every breakfast					

**FRUIT VARIETIES:**  
Grapes, Bananas, Oranges, Apples, Pears, Nectarines, Plums, Melon, Mandarins, Applesauce, Dried fruit, or cupped fruit.



**Meal includes up to 3 Food Items:**  
1 Grain  
or (1Grain & 1Protein)  
Fruit  
Milk

\*This menu is subject to change

Meals prepared daily in WSCUHSD - Food Service Department Kitchens

This institute is an equal opportunity provider.