

DAILY ALTERNATE

WG Bagel & Cream Cheese

*MUST choose one fruit or juice
For a no cost meal*

**2022 — 2023 School Year
Daily Breakfast Menu
SLSD Middle and High Schools
“Most important meal of the day”**

Gluten Free Meal:

1 Cereal Bowl or 1 String Cheese and 1 yogurt cup or
2 yogurt cups or 2 String Cheese; plus, fruit or fruit
juice, and choice of milk.
Available each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE OF DAILY ITEM OR ENTRÉE	CHOICE OF DAILY ITEM OR ENTRÉE	CHOICE OF DAILY ITEM OR ENTRÉE	CHOICE OF DAILY ITEM OR ENTRÉE	CHOICE OF DAILY ITEM OR ENTRÉE
Cereal Bowl (Gluten Free) – WG Honey Cheerios or Cinnamon Chex	Mini Cinnis (WG Cinnamon Buns)	WG Muffin & Yogurt	Mini Stuffed WG Bagels - Strawberry	WG Mini Waffles
CHOICE OF FRUIT/ JUICE Select (1 or 2) Assorted 4 oz. Juice Fresh or Canned Fruit	CHOICE OF FRUIT/JUICE Select (1 or 2) Assorted 4 oz. Juice Fresh or Canned Fruit	CHOICE OF FRUIT/JUICE Select (1 or 2) Assorted 4 oz. Juice Fresh or Canned Fruit	CHOICE OF FRUIT/JUICE Select (1 or 2) Assorted 4 oz. Juice Fresh or Canned Fruit	CHOICE OF FRUIT/ JUICE Select (1 or 2) Assorted 4 oz. Juice Fresh or Canned Fruit
CHOICE OF MILK Select (1) 1% White or Fat Free Chocolate	CHOICE OF MILK Select (1) 1% White or Fat Free Chocolate	CHOICE OF MILK Select (1) 1% White or Fat Free Chocolate	CHOICE OF MILK Select (1) 1% White or Fat Free Chocolate	CHOICE OF MILK Select (1) 1% White or Fat Free Chocolate
*WG= Whole Grain	*WG= Whole Grain	*WG= Whole Grain	*WG= Whole Grain	*WG= Whole Grain

September 2022					October 2022					November 2022					December 2022					January 2023				
											1	2	3	4				1	2	H	3	4	5	6
										7	8	9	10	11	5	6	7	8	9	9	10	11	12	*
					17	18	19	20	21	14	15	16	17	18	12	13	14	15	16	H	17	18	19	20
					24	25	26	27	28	21	22	23	H	H	19	20	21	22	H	23	24	25	26	27
					31					H	29	30			H	H	H	H	H	30	31			

February 2023					March 2023					April 2023					May 2023					June 2023				
		1	2	3			1	2	3						1	2	3	4	5				1	2
6	7	8	9	10	6	7	8	9	*	3	4	5	H	H	8	9	10	11	12	5	6	7		
13	14	15	16	*	13	14	15	16	17	H	11	12	13	14	15	16	17	18	19					
H	21	22	23	24	20	21	22	23	24	17	18	19	20	21	22	23	24	25	26					
27	28				27	28	29	30	31	24	25	26	27	28	H	30	31							

H = Holiday (School Closed)

*= Professional Development / In Service (School Closed)

E=Early Dismissal

Menu Subject to Change

Non-Discrimination Statement: This institution is an equal opportunity provider
THERE IS NO COST FOR 1 BREAKFAST MEAL PER DAY FOR ALL STUDENTS IN THE 22-23 SCHOOL YEAR