

Covert Public Schools

FALL 2017 Grades PreK-12 BREAKFAST MENU

What's For Breakfast Today?
 Find the current date on the Calendar below and corresponding color and day on the Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
MENU #1	WG Assorted Cereal String Cheese Fruit Milk	WG Bean, Sausage, Egg & Cheese Burrito Fruit Milk	WG Assorted Cereal Fruit String Cheese Milk	WG Assorted Cereal String Cheese Fruit Milk	WG Mini Maple Waffles String Cheese Fruit Milk
MENU #2	WG Assorted Cereal String Cheese Fruit Milk	WG Assorted Cereal Fruit String Cheese Milk	Mini Bagel with Cream Cheese Fruit Milk	WG Assorted Cereal String Cheese Fruit Milk	Hardboiled Egg Fruit WG Assorted Cereal Milk
MENU #3	Mini Maple Pancakes Fruit Turkey Sausage Milk	WG Assorted Cereal String Cheese Fruit Milk	Hardboiled Egg WG English Muffin Fruit Milk	WG Assorted Cereal String Cheese Fruit Milk	WG Assorted Cereal Turkey Sausage Fruit Milk
MENU #4	Scrambled Eggs WG English Muffin Fruit Milk	WG Assorted Cereal Fruit String Cheese Milk	WG Assorted Cereal Fruit String Cheese Milk	WG English Muffin with T. Sausage, Egg White and Cheese Fruit Milk	WG Apple Cinnamon Muffin Fruit String Cheese Milk

News

Full Meal Includes:

- Meat/Meat Alternate
- Fruit
- Vegetable
- Whole grains
- 1% or fat free milk selections

Student meals must include at least one fruit or vegetable

Students must take at least 3 components and may take all 4

We reserve the right to change menus due to school closings and vendor availability

This school is an equal opportunity provider

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1% white or fat-free flavored milk with each meal

Menu Subject to Changes Without Notice

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26			

M	T	W	T	F
1	2	3	4	5
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

 = No School or Holiday

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29