

SEP2023 MWHS BREAKFAST

One school breakfast is free for all students.

Breakfast includes:

1 entrée

1 cup of fruit/juice

1 milk

Additional options are available daily and include peanut butter and jelly uncrustables, poptarts, breakfast breads/muffins, yogurt cups, cheese sticks, etc. These items are handed out in the deli.

MON	TUE	WED	THU	FRI
04 No School	05 Cherry Fruit WG Strudel ½ cup juice ½ cup fruit	06 WG Muffin & Mozz String Cheese ½ cup juice ½ cup fruit	07 Yogurt Cup & WG Cereal Bowl ½ cup juice ½ cup fruit	08 WG Banana Bread ½ cup juice ½ cup fruit
11 WG Bagel w/ Strawberry Cream Cheese ½ cup juice ½ cup fruit	12 Cherry Fruit WG Strudel ½ cup juice ½ cup fruit	13 WG Muffin & Mozz String Cheese ½ cup juice ½ cup fruit	14 Yogurt Cup & WG Cereal Bowl ½ cup juice ½ cup fruit	15 WG Banana Bread ½ cup juice ½ cup fruit
18 WG Bagel w/ Strawberry Cream Cheese ½ cup juice ½ cup fruit	19 Cherry Fruit WG Strudel ½ cup juice ½ cup fruit	20 WG Muffin & Mozz String Cheese ½ cup juice ½ cup fruit	21 Yogurt Cup & WG Cereal Bowl ½ cup juice ½ cup fruit	22 WG Banana Bread ½ cup juice ½ cup fruit
25 WG Bagel w/ Strawberry Cream Cheese ½ cup juice ½ cup fruit	26 Cherry Fruit WG Strudel ½ cup juice ½ cup fruit	27 WG Muffin & Mozz String Cheese ½ cup juice ½ cup fruit	28 Yogurt Cup & WG Cereal Bowl ½ cup juice ½ cup fruit	29 WG Banana Bread ½ cup juice ½ cup fruit

Westonka is an equal opportunity institution

For questions or concerns, please email metzger@westonka.k12.mn.us or call 952-491-8084