



*Breakfast Menu for School year 2018-2019
Gladstone Center for Children and Families*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1 WG Apple or Cherry Frugel</p>	<p>Fruit Smoothie House made with low fat yogurt and sugar free fruit</p>	<p>Breakfast Bread May be one of the following: Blueberry or Zucchini or Cinnamon or Banana</p>	<p>Breakfast Sandwich May be made with a WG English Muffin or WG Bagel or WG Biscuit with any of these items, egg patty, sausage patty or cheese</p>	<p>WG Baked Pancake Bites</p>
<p>Week 2 WG Pancakes or WG Waffles or WG French Toast Sticks Severed with Syrup</p>	<p>Yogurt Parfait House made with low fat yogurt and fruit topped with granola</p>	<p>Breakfast Sandwich May be made with a WG English Muffin or WG Bagel or WG Biscuit with any of these items, egg patty, sausage patty or cheese</p>	<p>Little Leopard Muffin House made WG muffins with either sugar free fruit or chocolate chips</p>	<p>WG Baked Donut</p>

WG=Whole Grain

Meals are subject to change

Every day offerings: Variety of cereals (gluten free and no added sugars) or bagel/cream cheese or yogurt with granola

All served with fresh fruit or canned fruit and 1% or Fat Free milk

Gladstone School District is an equal opportunity provider.