

West Burlington Schools

Did you know the school Food Pantry is available to any Falcon family in need. 319-754-6567 or 319-759-4656

MEAL PRICING:

Breakfast Full Price \$1.90
 Reduced Breakfast Price \$.40
 Milk Only \$.55

BREAKFAST Menu

2020-2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Maple pancake Juice Cereal Milk	Cinnamon roll Fruit cup Cereal Milk	Pizza Cereal Juice Milk	Pop tart Fruit cup Cereal Milk	Bagel Cereal Fruit cup Milk
2	Cheese Omelet Juice Cereal Milk	Muffin/choc. Or blueberry Cereal Fruit cup Milk	Pizza Cereal Juice Milk	Bagel/ Strawberry or Cinnamon Cream cheese Fruit cup Cereal Milk	Pancake Cereal Fruit cup Milk
3	Cinnamon Glazed Pancake Juice Cereal Milk	Cinnamon roll Fruit cup Cereal Milk	Pizza Cereal Juice Milk	Cereal Granola bar Fruit cup Cereal Milk	Cheese Omelet Cereal Fruit cup Milk
4	Cheese Omelet Juice Cereal Milk	Muffin/ choc. Or blueberry Fruit cup Cereal Milk	Pizza Cereal Juice Milk	Bagel/ Strawberry or Cinnamon Cream cheese Fruit cup Cereal Milk	Muffin Cereal Fruit cup Milk

OTHER DAILY SELECTIONS:

Assorted Cereals

DRINKS

100% Apple or Orange Juice

Chocolate or white milk

“This institution is an equal opportunity provider.”

NUTRITION BITES

- Children ages 2-17 years old who eat cereal consume 75% more Vitamin D, 68% more iron, 54% more Vitamin A, 17% more calcium, 8% more fiber and 54% more whole grain than kids who do not eat cereal. These kids, however, do not consume more calories, saturated fat, added sugar or sodium.¹

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

■ Week 1 Meal Plan ■ Week 2 Meal Plan ■ Week 3 Meal Plan ■ Week 4 Meal Plan

1. NHANES 2015-2016.