



BREAKFAST



SEPTEMBER 2021

Wicomico County Breakfast 9-12

WG= Whole Grain

This institution is an equal opportunity provider

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

WELCOME BACK 😊

LABOR DAY

6

Assorted Yogurt
Assorted Cereal
with
WG Grahams

7

WG Cinnamon
French Toast

Below are offered daily

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

8

WG Confetti
Pancakes

Assorted Cereal, Grahams
Assorted Yogurt, Grahams

9

WG Strawberry
Bagel-ful

Assorted Cereal, Grahams
Assorted Yogurt, Grahams

10

WG Banana Bread

13

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

Beef Sausage on
a WG Biscuit

14

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Blueberry
Waffles

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

15

WG Maple
Pancakes

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

16

WG Flavored
Muffin

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

17

WG Cinnamon
Toast Crunch Bread

20

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Chocolate
Chip French Toast

21

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Cinnamon
Roll

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

22

WG Cinnamon
Waffles

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

23

WG Pancake and
Sausage Sandwich

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

24

Sausage, Egg & Cheese
Biscuit

27

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Confetti
Pancakes

28

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Cinnamon
Bagel-ful

29

Assorted Yogurt, Grahams
Assorted Cereal, Grahams

WG Cinnamon
French Toast

30

Assorted Yogurt, Grahams
Assorted Cereal, Grahams



In addition to the entrée, the below breakfast items are offered daily.
Fresh/Cupped or Packaged Fruit, Assorted Juice,
Assorted Nonfat Milk
A complete meal consists of a minimum of 3 items