

# West Burlington Jr/Sr High School

**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	\$2.05
Reduced Breakfast Price	\$.30
Milk Only	\$.60

## BREAKFAST Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Pizza Juice or fruit Cereal Milk	Pancake & sausage Fruit or juice Cereal Milk	Omelet Yogurt Cereal Juice or fruit Milk	Biscuits & gravy OR Egg_or sausage sand. Fruit or juice Cereal Milk	Cinnamon roll Yogurt Cereal Fruit or juice Milk
<b>2</b>	Pizza Juice or fruit Cereal Milk	Pancake & sausage Cereal Fruit cup Milk	Omelet Yogurt Cereal Juice or fruit Milk	Biscuits & gravy OR Egg or sausage sand. Fruit or juice Cereal Milk	Cinnamon roll Yogurt Cereal Fruit or juice Milk
<b>3</b>	Pizza Juice or fruit Cereal Milk	Pancake & sausage Fruit or juice Cereal Milk	Omelet Yogurt Cereal Juice or fruit Milk	Biscuits & gravy Cereal Fruit or juice Cereal Milk	Cinnamon roll Yogurt Cereal Fruit or juice Milk
<b>4</b>	Pizza Juice or fruit Cereal Milk	Pancake & sausage Fruit or juice Cereal Milk	Omelet Yogurt Cereal Juice or fruit Milk	Biscuits & gravy Fruit or juice Cereal Milk	Cinnamon roll Cereal Fruit or juice 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.<sup>1</sup>