



Watertown-Mayer Elementary Breakfast Menu

October
2020

Fresh Vegetable Choices and Seasonal Fruit
are offered Daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>			<p>1</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>2</p> <p>Yogurt Parfait with Fruit & Granola</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>5</p> <p>Mini Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>6</p> <p>Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>7</p> <p>French Toast Loaf Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>8</p> <p>Mini Eggo Waffles</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>9</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>12</p> <p>Banana Chocolate Loaf Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>13</p> <p>Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>14</p> <p>Mini-Cinnis</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>15</p> <p>NO SCHOOL MEA Break</p>	<p>16</p> <p>NO SCHOOL MEA Break</p>
<p>19</p> <p>French Toast Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>20</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>21</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Orange Juice 1% Milk</p>	<p>22</p> <p>Blueberry Loaf Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>23</p> <p>Plain Bagel Cream Cheese</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>
<p>26</p> <p>Strawberry Pop-Tart</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Apple Juice 1% Milk</p>	<p>27</p> <p>French Toast Loaf Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>28</p> <p>Egg & Cheese Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>29</p> <p>Yogurt Parfait with Fruit & Granola</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fresh Fruit 1% Milk</p>	<p>30</p> <p>Cocoa Puffs Cereal Bar</p> <p>Choice of Cereal Graham Crackers Choice of Cereal Vegetable Selection Fresh Fruit 1% Milk</p>

INFORMATION

Regular/USDA	0.00
Reduced/USDA	\$0.00
Adult	\$2.10
Extra Milk	\$0.60

EXTRA INFO

Milk choice of 1% or skim is included with breakfast
For questions or comments contact:
Beth Bottenfield, Food Service Director
at: taher.manager@wm.k12.mn.us
or call 952-955-0619

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



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