

McGraw Breakfast

Menu

Breakfast \$ for all grade levels

Monday: Whole Grain Pancake w/ Sausage on Stick

Tuesday: Whole Grain French Toast Sticks w/ Syrup

Wednesday: Whole Grain Oatmeal Breakfast Bun

Thursday: Assorted Breakfast Pizza

Friday: Whole Grain Cinnamon Swirl Roll



Breakfast Requirements NSBP

Grades: K-12

Calories:	450-550 (weekly average)
Sodium:	≤ 540mg
Fruits:	5cups/week (1c. minimum per day)
Grains:	9oz. whole grains minimum
Saturated Fats:	0 grams/serving

*Cereal and Muffins
available daily as a
choice*

*All meals are served with
choice of juice, fruit and
milk*