

LW Breakfast Menu 2022/2023
Updated: 1/10/23



**MCBAIN RURAL
 AGRICULTURAL SCHOOL**
"FEEL THE WHEEL"

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	Cheerios Mandarin Oranges Milk	Apple Cinnamon Muffin String Cheese Banana Milk	Breakfast Pizza Apple Slices Milk	Mini Maple Waffles Peach slices Milk	Oatmeal Craisins Milk
Two	Rice Chex Sliced Pineapple Milk	Banana Nut Muffin String Cheese Banana Milk	Colby Cheese Omelet w/ English Muffin Apple Slices Milk	Mini Pancakes Pear Slices Milk	Cheerios Applesauce Cup Milk
Three	Rice Krispies Mandarin Oranges Milk	Cinnamon Muffin String Cheese Banana Milk	Hard Boiled Eggs Apple Slices Milk	Honey Bagel Peach Slices Milk	Oatmeal Craisins Milk
Four	Kix Gogurt Sliced Pineapple Milk	Blueberry Muffin String Cheese Banana Milk	Uncrustable Breakfast Sandwich Apple Slices Milk	French Toast Sticks Pear Slices Milk	Rice Chex Applesauce Cup Milk

Daily Milk Choices:
 1% White Milk
 &
 Skim White Milk

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal.

