

West Burlington Elementary 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
1	Pizza 29 Juice or fruit 15 g Cereal 22 Milk/white 12 (both white milk =12g) Chocolate 24	Pancake & sausage 20 g Fruit/juice 15 Cereal 22 Milk 1%or skim 12g Choc, milk 24	Omelet 1 Cereal 22 Juice/fruit 15 Milk-white 12 chocolate 24	French toast sticks 20g Fruit /uice 15 Cereal 22 Milk 12-24	Cinnamon roll 33g Yogurt 28 Cereal 22 Fruit/ juice 15 Milk 12-24
2	Pizza Juice or fruit Cereal Milk	Pancake & sausage Cereal Fruit cup Milk	Omelet Cereal Juice or fruit Milk	French toast sticks Fruit or juice Cereal Milk	Cinnamon roll Yogurt Cereal Fruit or juice Milk
3	Pizza Juice or fruit Cereal Milk	Pancake & sausage Fruit or juice Cereal Milk	Omelet Cereal Juice or fruit Milk	French toast sticks Cereal Fruit or juice Cereal Milk	Cinnamon roll Yogurt Cereal Fruit or juice Milk
4	Pizza Juice or fruit Cereal Milk	Pancake & sausage Fruit or juice Cereal Milk	Omelet Cereal Juice or fruit Milk	French toast sticks 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.¹