



West Michigan Academy of Environmental Science Elementary Breakfast Menu December 10 - January 4

A full student Breakfast includes a choice of grain, vegetable, fruit and choice of milk
Milk choices include 1% white or fat free chocolate

We feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.

Monday	Tuesday	Wednesday	Thursday	Friday
10 Banana Bread Cinn Applesauce Pear	11 WG Toast Scrambled Egg Orange Juice Peaches	12 WG Pancake Blueberries Apple	13 WG Bagel Sausage and Cheese Apple Juice Pear	14 Oatmeal Banana Raisins Warmed Apples
17 Chocolate Bread NAS Applesauce Pear	18 WG Toast Omlet Orange Juice Peaches	19 French Toast Strawberries Apple	20 Sausage Bagel with Cheese Apple Juice Pears	21 WG Donut Banana Apple
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
31 NO SCHOOL	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
Alternate Entrees (available with daily hot vegetable offering, your choice[s] from our salad/vegetable bar, and choice of milk):				
Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal, Yogurt	Cold Cereal, Cheese Stick	Cold Cereal, Yogurt	Cold Cereal, Cheese Stick	Cold Cereal, Yogurt



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments?
Please call Kimberlee Cullimore Food Service Director at 616-791-7454

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