

# East Hartford Elementary School Breakfast Menu

## MONDAY

Fruit Flavored Mini Muffin  
made w/Whole Grain & String  
Cheese -W,E,S,D

Apple & Cinnamon (29 g carb)

Blueberry (29 g carb)

Banana (29 g carb)

## TUESDAY

Warm Whole Grain Cinnamon

French Toast (37g carb)

W,D,E,S

## WEDNESDAY (Alternating weekly)

Whole Grain Fruit Frudel Breakfast Bar  
(apple 36g carb, cherry 37g) carb)

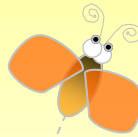
WGR Mini Maple Waffles (35g E,D,S,W)

## THURSDAY

WGR Breakfast Scramble Pizza (23 g carb  
W,E,D,S)

## FRIDAY

WGR Mini Cinni Breakfast Bun (40g carb  
W,D,S)



W,D,S

## Daily Offerings:

- Cereal Choice with  
Graham Crackers (16 g carb) W  
RS Cinnamon Toast Crunch  
(23 g carb) W,S,  
Golden Grahams  
(24 g carb) W  
Multi Grain Frosted Flakes  
(24g carb) W  
Apple Jacks  
(24g carb) W,S  
offered daily

Fresh or Chilled Fruit, 100%  
Fruit Juice, and 1% Milk or  
Fat Free unflavored or  
Chocolate Milk

**A Reimbursable Meal must have  
3 items including a fruit or  
fruit juice**

**Full Breakfast Price:**

\$1.60

**Reduced Price:**

\$0.30

Breakfast is available at all of the East Hartford Public Schools, Including  
Free & Reduced eligibility

ALLERGENS: W=Wheat, S=Soy, D=Dairy, E=Egg