

Wheeling CCSD # 21 Middle School Breakfast

April

Available Daily:
Cold Cereal, Bagel & Cream Cheese, Yogurt, Cereal Bar,

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
30 Breakfast Pizza Apricots Choice of Milk	31 Waffle & Syrup Bacon Oatmeal Choice of Milk	1 Biscuit Sandwich Peaches Oatmeal Choice of Milk	2 Pancakes & Syrup Bacon Oatmeal Choice of Milk	3 Ham, Egg, & Cheese Bagel Mandarin Oranges Oatmeal Choice of Milk	Cal 598 T.Fat 14.13 G S.Fat 6.3 G Chol 59.9 Mg Sodm 963.88 Mg Carb 96.48 G Fiber 2.0 G Prtn 20.09 G Iron 5.94 Mg Calc 534.45 Mg
6 French Toast Sticks & Syrup Turkey Ham Slice Choice of Milk	7 Breakfast Pizza Oatmeal Apricots Choice of Milk	8 Pancakes & Syrup Bacon Oatmeal Choice of Milk	9 Cheesy Pizza Bagel Oatmeal Mandarin Oranges Choice of Milk	10 HOLIDAY No School	Cal 588 T.Fat 12.27 G S.Fat 5.4 G Chol 30.9 Mg Sodm 901.50 Mg Carb 98.41 G Fiber 2.5 G Prtn 20.52 G Iron 4.23 Mg Calc 556.39 Mg
13 Ham, Egg, & Cheese Bagel Apricots Choice of Milk	14 Waffle & Syrup Mixed Fruit Oatmeal Choice of Milk	15 Breakfast Pizza Fresh Pear Oatmeal Choice of Milk	16 Pancakes & Syrup Bacon Oatmeal Choice of Milk	17 Half Day Breakfast Only Biscuit Sandwich Peaches Choice of Milk	Cal 604 T.Fat 13.21 G S.Fat 5.9 G Chol 57.6 Mg Sodm 934.24 Mg Carb 100.52 G Fiber 2.4 G Prtn 19.40 G Iron 6.31 Mg Calc 556.55 Mg
20 Ham, Egg, & Cheese Bagel Mandarin Oranges Choice of Milk	21 Waffle & Syrup Bacon Oatmeal Choice of Milk	22 Cheesy Pizza Bagel Apricots Oatmeal Choice of Milk	23 Breakfast Pizza Oatmeal Banana Choice of Milk	24 Pancakes & Syrup Bacon Oatmeal Choice of Milk	Cal 591 T.Fat 12.69 G S.Fat 5.9 G Chol 53.7 Mg Sodm 926.38 Mg Carb 97.68 G Fiber 2.6 G Prtn 20.76 G Iron 5.99 Mg Calc 564.27 Mg
27 Breakfast Sandwich Apricots Choice of Milk	28 Biscuit Sandwich Pears Oatmeal Choice of Milk	29 Pancakes & Syrup Bacon Oatmeal Choice of Milk	30 French Toast Sticks & Syrup Turkey Ham Slice Oatmeal Choice of Milk	1 Breakfast Pizza Applesauce Oatmeal Choice of Milk	Cal 595 T.Fat 14.05 G S.Fat 6.0 G Chol 53.9 Mg Sodm 874.25 Mg Carb 96.54 G Fiber 2.1 G Prtn 19.13 G Iron 4.25 Mg Calc 518.30 Mg

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells. Menu subject to change without notice.

For questions about the menu, please call the food service office at (847) 279-3451 or e-mail unit16399@compass-usa.com.