

# December Wheeling CCSD #21 Middle School Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>30</b> Egg & Cheese Pocket Apricots  Choice of Milk	<b>1</b> French Toast Sticks & Syrup Beef Sausage Patty Oatmeal  Choice of Milk	<b>2</b> Biscuit Sandwich Pears Oatmeal  Choice of Milk	<b>3</b> Waffle & Syrup Mixed Fruit Oatmeal  Choice of Milk	<b>4</b> Breakfast Pizza Applesauce Oatmeal  Choice of Milk	Cal 613 T.Fat 12.60 G S.Fat 5.3 G Chol 46.8 Mg Sodm 854.35 Mg Carb 105.17 G Fiber 2.0 G Prtn 18.39 G Iron 4.76 Mg Calc 515.39 Mg Vit A 240.68 RE Vit C 23.75 Mg
<b>7</b> Pigs in a Blanket & Syrup Peaches  Choice of Milk	<b>8</b> Breakfast Sandwich Apricots Oatmeal  Choice of Milk	<b>9</b> Pancakes & Syrup Bacon Oatmeal  Choice of Milk	<b>10</b> Egg & Cheese Pocket Pears Oatmeal  Choice of Milk	<b>11</b> French Toast Sticks & Syrup Beef Sausage Patty Oatmeal  Choice of Milk	Cal 623 T.Fat 13.61 G S.Fat 5.5 G Chol 67.2 Mg Sodm 868.23 Mg Carb 104.84 G Fiber 2.0 G Prtn 19.32 G Iron 4.27 Mg Calc 444.66 Mg Vit A 239.74 RE Vit C 25.45 Mg
<b>14</b> Breakfast Sandwich Apricots  Choice of Milk	<b>15</b> Waffle & Syrup Mixed Fruit Oatmeal  Choice of Milk	<b>16</b> Egg & Cheese Pocket Pears Oatmeal  Choice of Milk	<b>17</b> Pigs in a Blanket & Syrup Oatmeal  Choice of Milk	<b>18</b> Biscuit Sandwich Peaches Oatmeal  Choice of Milk	Cal 627 T.Fat 13.45 G S.Fat 5.7 G Chol 70.8 Mg Sodm 895.04 Mg Carb 106.13 G Fiber 1.9 G Prtn 18.98 G Iron 5.01 Mg Calc 510.55 Mg Vit A 262.31 RE Vit C 24.20 Mg

This institution is an equal opportunity provider. 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](mailto:unit16399@compass-usa.com).

*Have a wonderful  
Winter Break!*