

January

# Wheeling CCSD #21 Middle School Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
4 Breakfast Pizza Applesauce Choice of Milk	5 Pigs in a Blanket & Syrup Peaches Oatmeal Choice of Milk	6 Biscuit Sandwich Pears Oatmeal Choice of Milk	7 Waffle & Syrup Mixed Fruit Oatmeal Choice of Milk	8 Egg & Cheese Pocket Apricots Oatmeal Choice of Milk	Cal 601 T.Fat 13.74 G S.Fat 5.7 G Chol 52.6 Mg Sodm 860.72 Mg Carb 100.17 G Fiber 2.0 G Prtn 18.18 G Iron 4.26 Mg Calc 513.41 Mg Vit A 253.75 RE Vit C 22.14 Mg
11 Cheesy Pizza Bagels Mandarin Oranges Choice of Milk	12 Pancakes & Syrup Bacon Oatmeal Choice of Milk	13 Egg & Cheese Pocket Mixed Fruit Oatmeal Choice of Milk	14 French Toast Sticks & Syrup Beef Sausage Patty Oatmeal Choice of Milk	15 Biscuit Sandwich Apricots Oatmeal Choice of Milk	Cal 590 T.Fat 12.40 G S.Fat 5.9 G Chol 51.0 Mg Sodm 885.30 Mg Carb 98.33 G Fiber 2.7 G Prtn 20.92 G Iron 3.46 Mg Calc 525.13 Mg Vit A 231.56 RE Vit C 27.20 Mg
18 HOLIDAY Martin Luther King Day	19 Pigs in a Blanket & Syrup Peaches Choice of Milk	20 Breakfast Pizza Applesauce Oatmeal Choice of Milk	21 Biscuit Sandwich Golden Pineapple Oatmeal Choice of Milk	22 Waffle & Syrup Orange Smiles Oatmeal Choice of Milk	Cal 608 T.Fat 14.76 G S.Fat 5.9 G Chol 40.2 Mg Sodm 902.87 Mg Carb 99.57 G Fiber 2.1 G Prtn 17.98 G Iron 4.26 Mg Calc 523.30 Mg Vit A 239.97 RE Vit C 25.40 Mg
25 NO SCHOOL Institute Day	26 Breakfast Sandwich Apricots Choice of Milk	27 French Toast Sticks & Syrup Beef Sausage Patty Oatmeal Choice of Milk	28 Egg & Cheese Pocket Pears Oatmeal Choice of Milk	29 Pigs in a Blanket & Syrup Peaches Oatmeal Choice of Milk	Cal 602 T.Fat 13.96 G S.Fat 5.4 G Chol 74.9 Mg Sodm 790.55 Mg Carb 99.93 G Fiber 1.9 G Prtn 18.43 G Iron 3.85 Mg Calc 455.88 Mg Vit A 258.14 RE Vit C 24.83 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).