

# Woodstock Union HS&MS

## Grab & Go Breakfast Menu

**Student Meals are FREE!**  
\*Please still fill out the a  
22-23 VT School Meal  
Application even though  
meals are free

**Grab & Go Breakfast  
available  
every morning in  
North Cafeteria**

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Breakfast Sandwich

Egg, Sausage & Cheese  
English Muffin

#### Breakfast Sandwich

Egg, Sausage & Cheese  
Croissant

#### Homemade Baked Item

WG Coffeecake

#### Breakfast Sandwich

Egg, Bacon, & Cheese Bagel

#### Breakfast Sandwich

Egg, Sausage & Cheese  
Croissant

Egg & Cheese English Muffin

Egg & Cheese Croissant

WG Chocolate Chip Muffin

Egg & Cheese Bagel

Egg & Cheese Croissant

#### Smoothie

Strawberry Banana

#### Smoothie

Blueberry

#### Smoothie

Peanut Butter Banana

#### Smoothie

Mocha

#### Smoothie

Tropical Fruit

### EVERYDAY GRAB & GO CHOICES

WG Cereal Choices

Milk 1% & Skim

Fresh Fruit Choices

WG Bars

Cheese Stick

VT Cabot Cheese Square

Yogurt

Bagels

#### FREE Breakfast

Students choose 3 items  
with one item being a  
fruit option!

This institution is an equal  
opportunity provider.

Menu Subject to change based on supply.