Southwest Leadership Academy

August 2023

Grab&Go Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	Bagel w/Cream cheese Selection of Fruits	WG English Muffin w/turkey sausage, egg, cheese Selection of Fruits or Fruit Juice	9 WG Breakfast Muffins. Selection of Fruits	Turkey Chorizo, egg & cheese Burrito Selection of Fruits or Fruit Juice	Off	12
13	Mini Blueberry waffles w/SF Syrup Selection of Fruits	Cinnamon roll-WG Selection of Fruits or Fruit Juice	B.E.C Biscuit Selection of Fruits	Chicken Biscuit Sand. Selection of Fruits or Fruit Juice	Off	19
20	21 WG English Muffin w/turkey sausage, egg, cheese Selection of Fruits	WG Breakfast Muffins. Selection of Fruits or fruit Juice	23 Turkey Chorizo & Eggs W/ Potatoes Selection of Fruits	Bagel w/Cream cheese Selection of Fruits or Fruit Juice	Off	26
27	WG English Muffin w/turkey Ham, egg, cheese Selection of Fruits	Chicken Biscuit Sand. Selection of Fruits or Fruit Juice	30 Cinnamon roll-WG Selection of Fruits	Denver Scramble W/ Potatoes & cheese Selection of Fruit or Fruit Juice		

Served Everyday: Yogurt-individual container, Dry Cereal Variety, White Milk 1%, Chocolate, Skim