



Start Your Day With a Great Breakfast!

What is a Meal?

At least 3 items
One must be a 1/2 cup of fruit

What is an Item?

Grain or Grain/Protein
Choice of Fruit
Choice of Milk
1% white, fat-free white, chocolate, vanilla, and strawberry

Daily Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% Fruit Juice

Other Daily Options May Include:

Whole Grain Breakfast Bars
Whole Grain Cereal
Cinnamon Toast Crunch
Cocoa Puffs
Reese's Puffs





Breakfast Prices:

Student \$1.00
Reduced \$.30
Adult \$2.10

Heather Reimer

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Egg & Cheese Sandwich Choice of Fruit Choice of Milk	2 Waffles Choice of Fruit Choice of Milk
			5 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	6 Sausage, Egg & Cheese on a Bagel Choice of Fruit Choice of Milk
12 NO SCHOOL 	13 Ham, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	14 Scrambled Eggs with Cheese with Toast Choice of Fruit Choice of Milk	15 Egg & Cheese Sandwich Choice of Fruit Choice of Milk	16 Waffles Choice of Fruit Choice of Milk
19 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	20 NO SCHOOL CONFERENCES	21 NO SCHOOL CONFERENCES	22 NO SCHOOL 23 NO SCHOOL 	
26 NO SCHOOL 	27 Ham, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	28 Scrambled Eggs with Cheese with Toast Choice of Fruit Choice of Milk	29 Egg and Cheese Sandwich Choice of Fruit Choice of Milk	30 Waffles Choice of Fruit Choice of Milk