



## Start Your Day With a Great Breakfast!

Choice of Fruit Choice of Milk Choice of Fruit Choice of Milk

### 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

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>4</p> <p><b>Ham, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5</p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>6</p> <p><b>Sausage, Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>7</p> <p><b>Waffles with Bacon</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>10</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>11</p> <p><b>Sausage, Egg &amp; Cheese on a Bagel</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>12</p> <p><b>Breakfast Pizza</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>13</p> <p><b>Ham, Egg &amp; Cheese Croissant</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>14</p> <p><b>Pancakes with Bacon</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>17</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>18</p> <p><b>Ham, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>19</p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>20</p> <p><b>Sausage, Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>21</p> <p><b>NO SCHOOL</b></p> <p><b>INSERVICE</b></p>
<p>24</p> <p><b>NO SCHOOL</b></p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> <p><b>NO SCHOOL</b></p>
				
<p>31</p> <p><b>NO SCHOOL</b></p>				