



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/Product
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
3 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	4 Ham, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	5 French Toast Sticks Choice of Fruit Choice of Milk	6 Egg & Cheese Sandwich Choice of Fruit Choice of Milk	7 Waffles Choice of Fruit Choice of Milk
10 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	11 Sausage, Egg & Cheese on a Bagel Choice of Fruit Choice of Milk	12 Breakfast Pizza Choice of Fruit Choice of Milk	13 Egg & Cheese Croissant Choice of Fruit Choice of Milk	14 Pancakes Choice of Fruit Choice of Milk
17 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	18 Ham, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	19 French Toast Sticks Choice of Fruit Choice of Milk	20 Egg & Cheese Sandwich Choice of Fruit Choice of Milk	21 NO SCHOOL INSERVICE
24 NO SCHOOL	25 	26 	27 	28 NO SCHOOL
31 NO SCHOOL				