



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
Fruit Loops

Breakfast Prices:

Student \$1.00

Reduced \$.30

Adult \$2.10



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General Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>4</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>5</p> <p>Waffles</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>6</p> <p>Scrambled Eggs with Toast</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>7</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>8</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>11</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>12</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>13</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>14</p> <p>Egg and Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>15</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p>
<p>18</p> <p>NO SCHOOL</p> 	<p>19</p> <p>Waffles</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>20</p> <p>Scrambled Eggs</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>21</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>22</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>25</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>26</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>27</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>28</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>Come work with us!</p> <p>Holidays, Weekends and Summers off!</p> <p>For more info call:</p> <p>Andrea Seasack</p> <p>(814) 505-1512</p>