



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
Fruit Loops



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 NO SCHOOL 	2 Breakfast Pizza Choice of Fruit Choice of Milk	3 Ham, Egg & Cheese Croissant Choice of Fruit Choice of Milk	4 Pancakes with Bacon Choice of Fruit Choice of Milk
7 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	8 Ham, Egg & Cheese on a Bagel Choice of Fruit Choice of Milk	9 French Toast Sticks Choice of Fruit Choice of Milk	10 Sausage, Egg & Cheese Sandwich Choice of Fruit Choice of Milk	11 Waffles with Bacon Choice of Fruit Choice of Milk
14 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	15 Sausage, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	16 Breakfast Pizza Choice of Fruit Choice of Milk	17 Ham, Egg & Cheese Croissant Choice of Fruit Choice of Milk	18 NO SCHOOL INSERVICE
21 NO SCHOOL  Martin Luther King Jr. Day	22 Ham, Egg & Cheese on a Bagel Choice of Fruit Choice of Milk	23 French Toast Sticks Choice of Fruit Choice of Milk	24 Sausage, Egg & Cheese Sandwich Choice of Fruit Choice of Milk	25 Waffles with Bacon Choice of Fruit Choice of Milk
28 Rainbow Glazed Donuts Choice of Fruit Choice of Milk	29 Sausage, Egg & Cheese On a Bagel Choice of Fruit Choice of Milk	30 Breakfast Pizza Choice of Fruit Choice of Milk	31 Ham, Egg & Cheese Croissant Choice of Fruit Choice of Milk	Come join our Team! Holidays, Weekends and Summers off! For more info call: Andrea Seasack (814) 505-1512