



What makes a complete breakfast?

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 Cereals

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>26</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p> 	<p>27</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>28</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>29</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>30</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>2</p> <p>NO SCHOOL</p> 	<p>3</p> <p>Waffles</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>4</p> <p>Scrambled Eggs with Toast</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>5</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>6</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>9</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>10</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>11</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>12</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>13</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>
<p>16</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>17</p> <p>Waffles</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>18</p> <p>Scrambled Eggs with Toast</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>19</p> <p>Egg & Cheese Sandwich</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>20</p> <p>No School In Service</p> 
<p>23</p> <p>French Toast Sticks</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>24</p> <p>Pancakes</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>25</p> <p>Breakfast Pizza</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>26</p> <p>Egg & Cheese Bagel</p> <p>Fruit or Juice</p> <p>Milk</p>	<p>27</p> <p>Assorted Cereals</p> <p>Fruit or Juice</p> <p>Milk</p>