

WHAT IS A BREAKFAST MENU

You must choose at least 3 of the 4 components available for the school breakfast price

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least 1/2 cup)
and

Choice of Milk- 1% white, fat-free white,
chocolate, vanilla and strawberry

NOTE: You must take at least 1/2 cup of fruit or vegetable

Fruit may include:

Canned peaches, applesauce, pears,
pineapple, fruit cocktail, mandarin oranges,
100% juice (apple, orange), fresh fruit,
selection including apples, bananas, and
oranges

Whole grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes




**LOOK FOR NEW & EXCITING
MENU ITEMS COMING SOON**

***MENU SUBJECT TO CHANGE**



Breakfast Prices
Student \$1.55
Reduced \$.40
Adult \$2.35
General Manager

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| <p>1</p>  | <p>2</p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>3</p> <p>French Toast Stick</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>4</p> <p>Waffles with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>5</p> <p>Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> |
| <p>8</p> <p>Donuts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>9</p> <p>Banana Bread</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>10</p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>11</p> <p>Pancake on a Stick</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>12</p> <p>Yogurt with Graham Crackers</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> |
| <p>15</p>  | <p>16</p> <p>ACT 80 DAY NO STUDENTS</p> | <p>17</p> <p>Waffle</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>18</p> <p>Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>19</p> <p>Toast Bagel with Jelly</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> |
| <p>22</p> <p>French Toast with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>23</p> <p>Pop Tarts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>24</p> <p>Donuts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>25</p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>26</p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> |
| <p>29</p> <p>Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>30</p> <p>Pancake with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> | <p>31</p> <p>French Toast with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p> |  | |