




**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year!!  No School	2 Apple Cinnamon Cheerios Cereal (GF)  Mixed Fruit 1% White Milk	3 Yogurt w/ a Cheese Stick  100% Fruit Juice 1% White Milk	<p><b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals</b> Rice Chex, Kix, Cheerios</p> <p><b>Milk</b> 1% White, Lactaid, FF Chocolate, FF Strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
6 Rice Chex Cereal (GF)  100% Fruit Juice 1% White Milk	7 Mini Maple Pancakes  Diced Pears 1% White Milk	8 Chocolate French Toast  Apple Slices 1% White Milk	9 Cheerios Cereal (GF)  Banana 1% White Milk	10 Yogurt w/ a Cheese Stick  100% Fruit Juice 1% White Milk	
13 Mini Maple Pancakes  100% Fruit Juice 1% White Milk	14 Cinnamon Toast Crunch Bar  Applesauce Cup 1% White Milk	15 Mini Cini Rolls  Apple Slices 1% White Milk	16 Chocolate Chip French Toast  Banana 1% White Milk	17 Apple Strudel  100% Fruit Juice 1% White Milk	
	21 Mini Maple Pancakes  100% Fruit Juice 1% White Milk	22 Mini Cinnamon Waffles  Apple Slices 1% White Milk	23 Honey Cheerios (GF)  Banana 1% White Milk	24 Bagel w/ Cream Cheese  100% Fruit Juice 1% White Milk	
27 Apple Cinnamon Cheerios Cereal (GF)  100% Fruit Juice 1% White Milk	28 Berry French Toast  Applesauce Cup 1% White Milk	29 Mini Birthday Pancakes  Apple Slices 1% White Milk	30 Rice Chex Cereal (GF)  Banana 1% White Milk	31 Yogurt w/ a Cheese Stick  100% Fruit Juice 1% White Milk	

**Café Contact Info:**

**Cristine McAllister, Food Service Director**  
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**Meal Prices**

Paid Student	\$2.90
Free & Reduced	Free
Faculty Lunch	\$5.00

