



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	5 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	6 No School	7 No School
10 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers		12 Bagel with Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Omelet Assorted Cereals or Cereal Bar with Graham Crackers	14 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
17 Blueberry Muffin Assorted Cereals or Cereal Bar with Graham Crackers	18 Yogurt with a Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	20 Egg, Turkey Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	21 Yogurt with a Cheese Stick Assorted Cereals or Cereal Bar with Graham Crackers
24 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	26 Mini Bagels with Strawberry Cream Cheese Assorted Cereals or Cereal Bar with Graham Crackers		28 No School

What is a Meal?

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

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch (GF), Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios (GF), Kix (GF)

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% White, FF Chocolate, FF Strawberry, Lactaid

Café Contact:

Cristine McAllister, Food Service Director
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Meal Prices

Student Breakfast
Faculty Breakfast

Free
\$5.00

