



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
			Chocolate Chip French Toast	Mini Cinni Rolls
			Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
8	9	10	11	12
Strawberry Mini Bagels	Yogurt with a Cheese Stick	Egg, Turkey Bacon & Cheese on a Bagel	Apple Cinnamon Muffin	Fruit Loop Waffle
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
15	16	17	18	19
Mini Maple Waffles	Mini Maple Pancakes	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
22	23	24	25	26
Mini Blueberry Waffles	Yogurt with a Cheese Stick	Egg, Turkey Bacon & Cheese on a Bagel	WG Blueberry Muffin	Fruit Loop Waffle
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
29	30			
Mini Maple Waffles	Mini Maple Pancakes			
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers			

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, Kix (GF)
Chex (GF), Cheerios (GF)

Choice of Fruit

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

Choice of Milk

1% White, Lactaid, FF Chocolate,
FF Strawberry

Café Contact:

Cristine McAllister, Food Service Director
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Meal Prices

Student Breakfast
Faculty Breakfast

Free
\$5.00

