



All meals meet USDA guidelines for a healthy school breakfast  
 All Students **MUST** have a serving of Fruit for Breakfast!  
 All Grains served are Whole Grain Rich.  
 All students are eligible for Free School Meals.  
 Menu Choices are subject to change.  
 This institution is an equal opportunity provider.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
 Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Assorted Breakfast Cereal **1**  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

### Tuesday

Chocolate Chip Muffin **2**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

### Wednesday

No School **3**

### Thursday

No School **4**

### Friday

No School **5**

Bar Cocoa Cherry **8**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Banana Bread **9**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Assorted Oatmeal Bars **10**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Chocolate Chip Muffin **11**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Chocolate French Toast **12**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Blue berry Muffin **15**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Bageler with Plain Cream Cheese **16**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Bar Cocoa Cherry **17**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Mini Pancakes **18**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

No School **19**

Banana Bread **22**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

French Toast Sticks **23**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Bun Cinnamon Super Stix **24**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Plain Bagel & Cream Cheese **25**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Assorted Oatmeal Bars **26**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Blueberry Muffin **29**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

Cinnamon Roll **30**  
 Assorted Breakfast Cereal  
 Assorted Breakfast Rounds  
 Breakfast Bar & Crackers  
 One cup serving of Fresh Fruits  
 Low-fat or Fat-free Unflavored Milk

