



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 Cereal Boxes 1
Assorted Breakfast Rounds
 One cup serving of Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

Tuesday

Chocolate Chip Muffin 2
Assorted Breakfast Rounds
 One cup serving 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 Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

Banana Bread 9
Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

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

Chocolate Chip Muffin 11
Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

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

Blue berry Muffin 15
Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

Bageler with Plain Cream Cheese 16
Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

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

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

No School 19

Banana Bread 22
Assorted Breakfast Rounds
 One cup serving Fresh Fruits
 Low-fat or Fat-free Unflavored Milk

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

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

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

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

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

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

