



What is a Meal?
ALL COMPONENTS ARE INCLUDED IN BREAKFAST
 Grain or grain/protein
 Fruit & Fruit Juice
 (must take at least a 1/2 cup)
 and
 Choice of Milk - 1% white and fat-free chocolate

ALL STUDENTS MAY RECEIVE 1 FREE BREAKFAST DAILY

Fruit May Include:
 Apples
 Oranges
 Banana
 or 100% Fruit Juice

You must have 1/2 cup fruit equivalent to purchase your breakfast for the school breakfast price.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>3 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>4 Egg, Sausage & Cheese on Croissant "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>5 Strawberry Mini Pancakes</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>6 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>9 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>10 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>11 Pancake & Sausage on a Stick "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>12 NO SCHOOL TEACHER IN SERVICE DAY</p>	<p>13 NO SCHOOL TEACHER IN SERVICE DAY</p>
<p>16 Breakfast Burrito Sample Day "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>17 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>18 Pancake & Sausage on a Stick "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>19 French Toast Sticks</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>20 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>23 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>24 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>25 Egg, Sausage & Cheese on Croissant "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>26 Strawberry Mini Pancakes</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>27 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>30 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>31 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>1 Egg, Sausage & Cheese on Croissant "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>2 Strawberry Mini Pancakes</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>3 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>

Breakfast Prices
STUDENTS 1 FREE DAILY

Adult \$2.10
www.schoolcafe.com For Online Cafeteria Payments
 and nutritional information on menu items

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