



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>28 Chocolate Chip Waffle Snaps</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>29 Triple Berry Mini French Toast</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>30 Glazed Donut Sticks</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>31 Chocolate Chip Muffin w/ Cinnamon Goldfish cracker</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>1 Cinnamon Roll</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>4 </p>	<p>5 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>6 Egg, Sausage & Cheese on Croissant "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>7 Strawberry Mini Pancakes</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>8 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>11 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>12 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>13 Pancake & Sausage on a Stick "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>14 French Toast Sticks</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>15 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>18 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>19 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>20 Pancake & Sausage on a Stick "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>21 French Toast Sticks</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>22 Oatmeal Chocolate Chip Benefit Bar</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>
<p>25 Blueberry Mini Waffles</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>26 Yogurt w/ goldfish crackers</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>27 Egg, Sausage & Cheese on Croissant "HOT BREAKFAST"</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>28 Strawberry Mini Pancakes</p> <p>FRUIT & FRUIT JUICE CHOICE OF MILK</p>	<p>29 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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