



**What is a Meal?**  
 You must choose at least 3 of the 4 components available for the school breakfast price.  
**Choice of: Grain or grain/protein**  
**Choice of fruit or vegetable** (must take at least a 1/2 cup) and  
**Choice of Milk** - 1% white and fat-free chocolate

You must take at least 1/2 cup of fruit or Fruit Juice

**Daily Fruit Selections May Include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

**GET A GREAT START TO YOUR DAY!  
 HAVE BREAKFAST WITH A FRIEND.**

**Other Options may include:**  
*Apple or Cherry Frudel  
 Warm Bagel w/cream cheese  
 Pancake & Sausage on a stick, PBJ Parfait, Overnight Oats Parfait or Assorted Cereal Bars*

**ALL STUDENTS MAY HAVE 1 FREE BREAKFAST A DAY**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>3</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>4</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>5</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>6</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>
<b>9</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>10</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>11</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>12</b> NO SCHOOL  <b>TEACHER IN SERVICE DAY</b>	<b>13</b> NO SCHOOL  <b>TEACHER IN SERVICE DAY</b>
<b>16</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>17</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>18</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>19</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>20</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>
<b>23</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>24</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>25</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>26</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>27</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>
<b>30</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>31</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>1</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>2</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>	<b>3</b> Egg, Sausage & Cheese on a Croissant OR Donuts, PBJ Uncrustable Yogurt Parfait <b>CHOICE OF FRUIT</b> OR <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b>

Breakfast Prices  
 Student 1st Breakfast free

Adult Breakfast: \$2.10

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