



**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, mini pancakes, mini waffles, cinnamon rolls, Benefit Bars or Assorted Cereal Bars*

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

**MENU SUBJECT TO CHANGE DUE TO ITEM AVAILABILITY**

Breakfast Prices  
Student 1st Breakfast free

Adult Breakfast: \$1.90

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USDA is an equal opportunity provider and employer.

**Monday**

**3**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**10**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**17**  
**TEACHER**  
**IN-SERVICE DAY**  
**NO SCHOOL**

**24**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**31**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**Tuesday**

**4**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Ham & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**11**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Ham & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**18**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Ham & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**25**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Ham & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**1**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Ham & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**Wednesday**

**5**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Steak & Cheese on a Bagel  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**12**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Steak & Cheese on a Bagel  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**19**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Steak & Cheese on a Bagel  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**26**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Steak & Cheese on a Bagel  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**2**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Steak & Cheese on a Bagel  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**Thursday**

**6**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**13**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**20**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**27**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**3**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**Friday**

**7**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**14**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**21**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**28**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**

**4**  
Donuts, PBJ Uncrustable  
Yogurt Parfait  
**OR**  
Egg, Sausage & Cheese on a Croissant  
**CHOICE OF FRUIT**  
**OR**  
**FRUIT JUICE**  
**CHOICE OF MILK**