



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
28 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	29 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	30 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	31 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	1 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK
4 HAPPY LABOR DAY	5 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	6 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	7 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	8 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK
11 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	12 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	13 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	14 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	15 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK
18 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	19 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	20 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	21 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	22 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK
25 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	26 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	27 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	28 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK	29 Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait CHOICE OF FRUIT OR FRUIT JUICE CHOICE OF MILK

Breakfast Prices
Student 1st Breakfast free
Adult Breakfast: \$2.10

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