



Meet Your Nutritious Friend:
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	2 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	3 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	4 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	5 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers
8 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	9 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	10 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	11 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	12 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers
15 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	16 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	17 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	18 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers	19 Assorted Cereals, Pastries, or Cereal Bar with Graham Crackers
22	23	24	25	26
29	30			

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals

(served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free strawberry

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Stacy Oates, Food Service Director
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Meal Prices

Student Breakfast	\$2.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.25

