



Meet Your Nutritious Friend:  
Whistling Watermelon

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| 1<br>Mini Maple Pancakes<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 2<br>Breakfast Pizza<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 3<br>Egg, Sausage & Cheese<br>Maple Flatbread<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 4<br>Chocolate Chip<br>French Toast<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers     | 5<br>Apple Strudel<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers      |
| 8<br>Mini Cinni Rolls<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers    | 9<br>Breakfast Pizza<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 10<br>Mini Maple Pancakes<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers                     | 11<br>French Toast Sticks<br>with Syrup<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers | 12<br>WG Cinnamon Donut<br><br>Assorted Cereals<br>or Cereal Bar<br>with Graham Crackers |
| 15<br>Assorted Cereals, Pastries,<br>or Cereal Bar<br>with Graham Crackers                | 16<br>Assorted Cereals, Pastries,<br>or Cereal Bar<br>with Graham Crackers            | 17<br>Assorted Cereals, Pastries,<br>or Cereal Bar<br>with Graham Crackers                                     | 18<br>Assorted Cereals, Pastries,<br>or Cereal Bar<br>with Graham Crackers                               | 19<br>Assorted Cereals, Pastries,<br>or Cereal Bar<br>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 ½ 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 |

