

Month Year

School District K-12 Hot Breakfast Menu



Break the Fast
with school breakfast!



Available Daily

Whole Grain Cereal Variety

Fat-Free Yogurt Variety

Whole Grain Grahams

Did you know
if you qualify for a free or
reduced lunch, you also qualify
for a free or reduced breakfast?
Kickstart your day with a
balanced breakfast!














Questions

Call _____
Food Service
XXX-XXX-XXXX

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.



For more information
or to "Ask the Dietitian",
check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
             	Breakfast \$0.00 (Milk included with meal) Milk 00c Offered Daily Fat Free Flavored ²⁰ Fat Free White ¹² 1% White ¹¹				1 Warm Mini Bagels Spread with Strawberry Cream Cheese ³⁹ Red Tart Cherries ¹¹ Chilled Bartlett Pears ¹⁴
4	Mini Maple Pancakes ⁴⁰ Cantaloupe Wedge ⁷ Fresh Apple Wedges ¹⁶	5 Egg & Cheddar Bagel ³⁵ Sliced Strawberries ¹⁰ Bartlett Pears ¹⁴	6 Mini Cinnis ⁴⁰ Cinnamon Applesauce ²⁵ Fresh Petite Banana ²⁷	7 Baked Apple Frudel ³⁶ Pineapple Tidbits ¹⁵ Cling Peaches ¹³	8 Turkey Sausage Biscuit ¹⁵ Summer Fruit Medley ¹³ 100% Pure Apple Juice ¹⁴
11	Egg & Cheddar English Muffinwich ²⁵ Summer Fruit Medley ¹³ Fresh Apple Wedges ¹⁶	12 Mini Strawberry Pancakes ⁴⁰ Fresh Apple Wedges ¹⁶ Cling Peaches ¹³	13 Egg & Swiss Biscuit ¹⁶ Fresh Bartlett Pear ¹¹ Pineapple Wedges ¹⁹	14 Cinnamon Mini French Toast ³⁴ Juicy Orange Smiles ¹¹ Red Tart Cherries ¹¹	15 Zesty Egg Breakfast Wrap ³⁵ Fresh Pico de Gallo ⁹ Blueberries ¹⁰
18	Egg & Cheddar Bagel ³⁵ 100% Pure Orange Juice ¹³ Fresh Apple Wedges ¹⁶	19 Mini Cinnis ⁴⁰ Cling Peaches ¹³ Juicy Orange Smiles ¹¹	20 Scrambled Egg Biscuit ¹⁶ Fresh Grapes on the Vine ⁸ Natural Applesauce ¹⁵	21 Fluffy Pancakes ²⁷ Turkey Sausage ⁰ Fresh Grapes on the Vine ⁸ Fresh Apple Wedges ¹⁶	22 *Ham & Swiss Biscuit ²⁴ Summer Fruit Medley ¹³ Fresh Petite Banana ²⁷
25	Baked Cherry Frudel ³⁶ Fresh Petite Banana ²⁷ Summer Fruit Medley ¹³	26 <u>Build Your Own Chilaquiles</u> Cheddar Cheese Omelet ¹ Whole Corn Tortilla Chips ¹⁹ Fresh Corn & Tomatillo Chopped Salsa ¹⁴ Juicy Orange Smiles ¹¹	27 Mini Strawberry Pancakes ⁴⁰ Cantaloupe Wedge ⁷ Natural Applesauce ¹⁵	28 Egg & Cheddar Bagel ³⁵ Fresh Apple Wedges ¹⁶ Red Tart Cherries ¹¹	29 Triple Berry Mini French Toast ³⁷ Summer Fruit Medley ¹³ Blueberries ¹⁰

(*) Contains Pork

Carbohydrates are noted in Red per manufacturer

This institution is an equal opportunity employer.