# Elementary Breakfast Menu

## MONDAY

(choice of 2 below)
**Whole Grain Cereal**
Sunflower Seeds
Whole Grain Crackers
String Cheese
Low-Fat Yogurt, 4 oz

Assorted Fruit Choices
(Must Choose One)
- Fresh Fruit
- Canned Fruit
- Dried Fruit
- 100% Fruit Juice

Variety of Milk

## TUESDAY

Whole Wheat Bagel with Cream Cheese

Assorted Fruit Choices
(Must Choose One)
- Fresh Fruit
- Canned Fruit
- Dried Fruit
- 100% Fruit Juice

Variety of Milk

## WEDNESDAY

(choice of 2 below)
**Whole Grain Cereal**
Sunflower Seeds
Whole Grain Crackers
String Cheese
Low-Fat Yogurt, 4 oz

Assorted Fruit Choices
(Must Choose One)
- Fresh Fruit
- Canned Fruit
- Dried Fruit
- 100% Fruit Juice

Variety of Milk

## THURSDAY

(choice of 2 below)
**Whole Grain Pop-Tart**
Sunflower Seeds
Whole Grain Crackers
String Cheese
Low-Fat Yogurt, 4 oz

Assorted Fruit Choices
(Must Choose One)
- Fresh Fruit
- Canned Fruit
- Dried Fruit
- 100% Fruit Juice

Variety of Milk

## FRIDAY

Whole Grain Benefit Bar

Assorted Fruit Choices
(Must Choose One)
- Fresh Fruit
- Canned Fruit
- Dried Fruit
- 100% Fruit Juice

Variety of Milk

## Snacks:

| | |
|---|---|
| Cheez-Its / Goldfish | $0.50 |
| Clif Kid Z Bar | $1.50 |
| Fruit / Vegetable | $0.75 |
| Pirate's Booty | $1.50 |
| Pop Chips | $1.50 |
| String Cheese | $0.50 |
| Dannon Yogurt, 4 oz. | $0.75 |


1% White Milk & Non-Fat Chocolate Milk are offered

## Beverages:

| | |
|---|---|
| Milk | $0.50 |
| 100% Juice, 4 oz | $0.75 |
| Boxed Water, 8 oz | $0.75 |

**1ST MEAL FREE FOR ALL STUDENTS**

## 2nd Meal Price: $2.00

Students must take 3 food items and one item must be 1/2 Cup Fruit to be charged for a full breakfast meal.

Students must take an entree and fruit and may take a milk

This institution is an equal opportunity provider