

# 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:

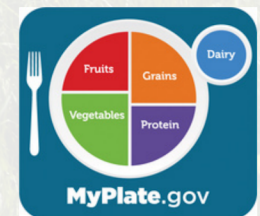
Milk	\$0.50
100% Juice, 4 oz	\$0.75
Boxed Water, 8 oz	\$0.75

**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