

# 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

(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

## 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 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

## 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

Fruit / Vegetable \$0.75

Kettle Corn \$1.50

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 \$0.75

100% Juice, 4 oz \$0.75

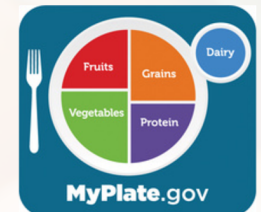
Boxed Water, 8 oz \$0.75



**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