

# 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 Grain**  
**Belgian Pancake**  
**Bites**



**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)  
**Nature's Bakery Bar**  
 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
Pirate's Booty	\$1.50
Pop Chips	\$1.50
String Cheese	\$0.50
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

**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.

