

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 Snack'n
 Waffle



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, 4oz.	\$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
 ½ 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.

