

Elementary Breakfast Menu

MONDAY

(choice of 2 below)

Whole Grain Cereal
Sunflower Seeds
Whole Grain Crackers
Low-Fat Yogurt, 4 oz

Fruit must be taken
with each meal

Variety of Milk

TUESDAY

Whole Grain
Muffin

Fruit must be taken
with each meal

Variety of Milk

WEDNESDAY

(choice of 2 below)

Whole Grain Cereal
Sunflower Seeds
Whole Grain Crackers
Low-Fat Yogurt, 4 oz

Fruit must be taken
with each meal

Variety of Milk

THURSDAY

(choice of 2 below)

Whole Grain Pop-Tart
Sunflower Seeds
String Cheese
Whole Grain Crackers

Fruit must be taken
with each meal

Variety of Milk

FRIDAY

Whole Grain
Benefit Bar



Fruit must be taken
with each meal

Variety of Milk

Snacks:

Cheez-Its / Goldfish	\$0.50
Clif Kid Z Bar	\$1.50
Fruit / Vegetable	\$0.75
Pirate 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

Adult Breakfast Meals: \$2.75

This institution is an equal
opportunity provider

