

Breakfast in the Classroom Menu 2018-19



Healthy food.
Successful students.
Food & Nutrition Services



This institution is an equal opportunity provider and employer.

BREAKFAST IS FREE FOR ALL STUDENTS EVERY SCHOOL DAY. (Just thought we'd remind you.)

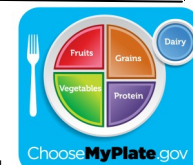
Menu Color Keys

- Meat Meat/Alt
- Grain*
- Fruit
- Milk

* All grains are whole grain or whole grain rich.



Don't Forget
Take at least
1/2 cup
Fruit



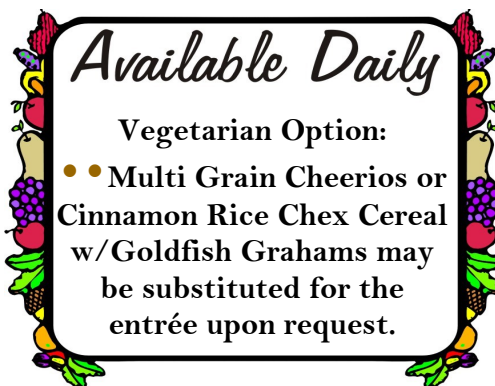
Nobody learns if they're empty.



You can't keep the seats full if the kids aren't full, too. It's a fact: Kids need to eat well to learn well. We hope you'll join us often

Week 1: 8/27, 9/10, 9/24, 10/8, 10/22, 11/5, 12/3, 12/17, 1/14, 1/28, 2/11, 2/25, 3/11, 4/8, 4/22, 5/6, 5/20, 6/3

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Strawberry Banana Yogurt w/ Goldfish Grahams • Apple Juice • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • French Toast Sticks • Orange Juice • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Cinnamon Rice Chex Cereal w/ String Cheese • Apple Berry Juice • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Strawberry Nutri Grain Breakfast Bar • Apple Slices • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Eggo Bites Mini Blueberry Pancakes • Orange Juice • Dried Fruit • 1% or Fat Free White Milk



Available Daily

Vegetarian Option:

- Multi Grain Cheerios or Cinnamon Rice Chex Cereal w/ Goldfish Grahams may be substituted for the entrée upon request.

Menus subject to change.
Revision Date: 3/11/19
K-8 Breakfast Meal Pattern

Week 2: 9/3, 9/17, 10/1, 10/15, 10/29, 11/12, 11/26, 12/10, 1/7, 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13, 5/27, 6/10

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Multi Grain Cheerios w/ String Cheese • Apple Juice • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Banana Chocolate Breakfast Bar • Mango Peach Applesauce • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Turkey & Cheese Roll-Up • Orange Juice • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Strawberry Mini Bagel Bites • Apple Slices • Dried Fruit • 1% or Fat Free White Milk 	<ul style="list-style-type: none"> • Fruity Cheerios w/ String Cheese • Orange Juice • Dried Fruit • 1% or Fat Free White Milk