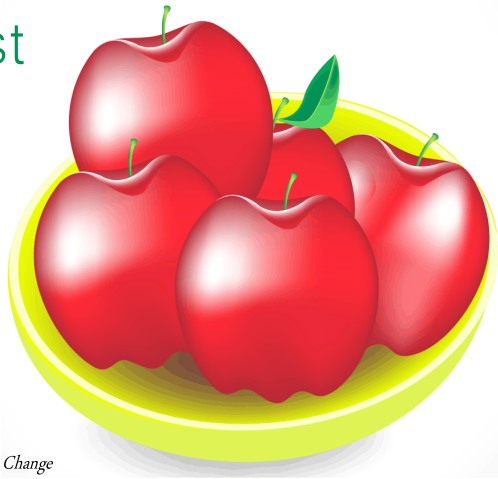


# Breakfast Menu



Menu Subject to Change

## Daily Breakfast Menu

Choose At Least 1 Fruit and 2 Other food items.  
For best nutrition, choose all 5!

### Breakfast Prices

Regular Price	\$1.50	
Reduced	Free	Breakfast only
Free	Free	
Milk Only	\$0.50	

### Free or Reduced Price Meal Applications

Family applications will be sent home with students on the first day of school. Please return **ONE** family application per household to school or the Food Service Office.

### MILK

Choose 1

- ◆ Low-fat 1%
- ◆ Fat-free Milk
- ◆ Fat-free Chocolate
- ◆ Fat-free Strawberry

### Fruits

Choose up to 2\*

- ◆ Fresh Cut-up Fruit
- ◆ Canned Fruit
- ◆ Whole Fruit
- ◆ 100% Fruit Juice

### Grains

Choose 1

- ◆ Whole Grain Bagel
- ◆ Muffins
- ◆ Cinnamon Roll

### Meat/Meat Alternate

Choose 1

- ◆ Assorted Yogurts
- ◆ Low-fat cheese stick
- ◆ Egg Sandwich when available