

BVSD K8/SEC Breakfast Menu 2017-18

USDA 2022-23 REG

1 grain plus 1 grain or 1 mma

and 1/2 c fruit/juice - Offer 1 c fruit, students may take 1/2 c. If offering juice must also offer fruit in equal quantities

and 8 oz milk

students must choose 3 of 4

| Monday | Tuesday | Wednesday | Thursday | Friday | | |
|--|--|--|--|--|----------|------------|
| | | | | | | |
| CHOOSE ONE: | CHOOSE ONE: | CHOOSE ONE: | CHOOSE ONE: | CHOOSE ONE: | G | MMA |
| Moe's Bagel + Cream Cheese (1 ea) | Moe's Bagel + Cream Cheese (1 ea) | Moe's Bagel + Cream Cheese (1 ea) | Moe's Bagel + Cream Cheese (1 ea) | Moe's Bagel + Cream Cheese (1 ea) | 2 | |
| | | Breakfast Burrito | | | 1.75 | 1 |
| OR | OR | OR | OR | OR | | |
| CHOOSE TWO: | CHOOSE TWO: | CHOOSE TWO: | CHOOSE TWO: | CHOOSE TWO: | | |
| Apple or Blueberry Muffin (1) | Apple or Blueberry Muffin (1) | Apple or Blueberry Muffin (1) | Apple or Blueberry Muffin (1) | Apple or Blueberry Muffin (1) | 1 | |
| Cinnamon or Strawberry Zee Zee Bar (1) | Cinnamon or Strawberry Zee Zee Bar (1) | Cinnamon or Strawberry Zee Zee Bar (1) | Cinnamon or Strawberry Zee Zee Bar (1) | Cinnamon or Strawberry Zee Zee Bar (1) | 1 | |
| SS Yogurt (4 oz) | SS Yogurt (4 oz) | SS Yogurt (4 oz) | SS Yogurt (4 oz) | SS Yogurt (4 oz) | | 1 |
| Rockinola Granola (1 oz) | Rockinola Granola (1 oz) | Rockinola Granola (1 oz) | Rockinola Granola (1 oz) | Rockinola Granola (1 oz) | 1 | |
| Cinnamon Chex Cereal (1 oz) | Cinnamon Chex Cereal (1 oz) | Cinnamon Chex Cereal (1 oz) | Cinnamon Chex Cereal (1 oz) | Cinnamon Chex Cereal (1 oz) | 1 | |
| Cheese Stick (1 oz) | Cheese Stick (1 oz) | Cheese Stick (1 oz) | Cheese Stick (1 oz) | Cheese Stick (1 oz) | | 1 |
| | | | | | | |
| AND | AND | AND | AND | AND | | |
| CHOOSE ONE OR TWO: | CHOOSE ONE OR TWO: | CHOOSE ONE OR TWO: | CHOOSE ONE OR TWO: | CHOOSE ONE OR TWO: | | |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | 2 Fruit | |
| Local Skim or 1% Milk (8 oz) | Local Skim or 1% Milk (8 oz) | Local Skim or 1% Milk (8 oz) | Local Skim or 1% Milk (8 oz) | Local Skim or 1% Milk (8 oz) | 1 Milk | |
| | | | 6 oz. Smoothies | | 1 Fruit | |