

Middle School/ CIS Breakfast Menu:

Full Price: \$1.70 Reduced Price: \$0 Adult Price: \$2.10

Children **MUST** select at least 3 items of the following as a meal:

- FRUIT or JUICE (Mandatory)
- Grain Item (Multiple Choices)
- Milk (Fat-Free Chocolate or 1%)

Grain Items Consist of: (each school may vary)

- Cereal (multiple varieties)
- Pop Tarts (Whole Grain)
- Baked Items such as: Muffins, Donuts, Granola Bars (Whole Grain)
- Warm Entrees such as: Pancakes, Waffles, Cheese Omelet, Benefit Bars

