

Breakfast Meal Pattern - K-8th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =minimum 1oz -- biscuit, roll, muffin,
bread, cereal**1 milk** = 1 cup

-- fluid milk

1% and 1% chocolate served daily

**Menu is subject to change
based on product availability****This institution is an
equal opportunity
provider.****September 2023****DECA Prep/Middle****Breakfast Calendar**

	Mon	Tue	Wed	Thu	Fri
					1 Mini Muffins String Cheese 100% Fruit Juice Apple
	4 NO SCHOOL 	5 Cold Cereal w/Goldfish 100% Fruit Juice Strawberry Craisins	6 Pop Tart Cheese Stick 100% Fruit Juice Apple Slices	7 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins	8 Super Donut GoGurt 100% Fruit Juice Apples
	11 Teddy Graham Cold Cereal 100% Fruit Juice Cherry Craisins	12 Chocolate Crescent Cheddar Goldfish 100% Fruit Juice Banana	13 Cereal Bar Cheese Sticks 100% Fruit Juice Craisins	14 Super Donut Yogurt 100% Fruit Juice Fruit Cup	15 Cinn Goldfish Cinnamon Roll 100% Fruit Juice Apple Slices
	18 Cold Cereal w/ Goldfish 100% Fruit Juice Craisins	19 Scooby Sticks Yogurt 100% Fruit Juice Craisins	20 Cookies & Cream Granola Bar Apple Slices 100% Fruit Juice	21 Super Donut String Cheese 100% Fruit Juice Apple	22 NO SCHOOL
	25 Pop Tart w/ Goldfish 100% Fruit Juice Craisins	26 Cold Cereal Chat Snax 100% Fruit Juice Banana	27 Mini Cinnis Cheese Sticks 100% Fruit Juice Craisins	28 Cereal Bar Yogurt 100% Fruit Juice Strawberry Craisins	29 Soft Cinnamon Toast CC Pastry 100% Fruit Juice Apple Slices