

# SUMMER BREAKFAST MENU



**Free Breakfast Meal for Students ages 18 and under living in the GCASD 7:30 AM at Hillview Elementary School**



**BREAKFAST MEAL INCLUDES**

**Fruits**  
Focus on fruits  
Eat a variety of fruit – fresh, frozen, canned, or dried. Choose whole or cut-up fruits more often than fruit juice.

**Dairy**  
Get your calcium-rich foods  
Go for low-fat or fat-free when you choose milk, yogurt, and cheese.

**Grains**  
Make half your grains whole  
Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.



**USDA is an equal opportunity provider and employer.**

**Menu is subject to change due to product availability**



**Contact:**  
Jennifer Reiser, RD, LDN  
Director of Food & Nutrition Services  
[jennifer.reiser@gcasdk12.org](mailto:jennifer.reiser@gcasdk12.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE 10</b>	<b>JUNE 11</b>	<b>JUNE 12</b>	<b>JUNE 13</b>	<b>JUNE 14</b>
<u>Assorted Cereals</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Warm Pillsbury</u> <u>Mini Cinnis</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Confetti Waffles</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Assorted Donuts</u> Featured Fruit Fresh Fruit Juice Chilled Milk	
<b>JUNE 17</b>	<b>JUNE 18</b>	<b>JUNE 19</b>	<b>JUNE 20</b>	<b>JUNE 21</b>
<u>Muffin</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>French Toast</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Breakfast Sandwich</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Whole Grain Pop Tart</u> Featured Fruit Fresh Fruit Juice Chilled Milk	
<b>JUNE 24</b>	<b>JUNE 25</b>	<b>JUNE 26</b>	<b>JUNE 27</b>	<b>JUNE 28</b>
<u>Assorted Cereals</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Warm Pillsbury</u> <u>Mini Cinnis</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Dutch Waffles</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Assorted Donuts</u> Featured Fruit Fresh Fruit Juice Chilled Milk	
<b>JULY 8</b>	<b>JUNE 9</b>	<b>JULY 10</b>	<b>JULY 11</b>	<b>JULY 12</b>
<u>Muffin</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>French Toast</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Breakfast Sandwich</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Whole Grain Pop Tart</u> Featured Fruit Fresh Fruit Juice Chilled Milk	
<b>JULY 15</b>	<b>JULY 16</b>	<b>JULY 17</b>	<b>JULY 18</b>	<b>JULY 19</b>
<u>Assorted Cereals</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Warm Pillsbury</u> <u>Mini Cinnis</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Dutch Waffles</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Assorted Donuts</u> Featured Fruit Fresh Fruit Juice Chilled Milk	
<b>JULY 22</b>	<b>JULY 23</b>	<b>JULY 24</b>	<b>JULY 25</b>	<b>Have a great summer!</b>
<u>Muffin</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>French Toast</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Breakfast Sandwich</u> Featured Fruit Fresh Fruit Juice Chilled Milk	<u>Whole Grain Pop Tart</u> Featured Fruit Fresh Fruit Juice Chilled Milk	