




Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Egg & Cheese Croissant Assorted Cereals Pop Tarts Assorted Baked Goods	2 NO SCHOOL	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms, Cheerios, Froot Loops</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, 1% chocolate</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
5 French Toast Sticks Assorted Cereals Pop Tarts Assorted Baked Goods	6 Plain Bagel w/ Cream Cheese Assorted Cereals Pop Tarts Assorted Baked Goods	7 Breakfast Bowl Assorted Cereals Pop Tarts Assorted Baked Goods	8 Bacon Egg & Cheese Sandwich Assorted Cereals Pop Tarts Assorted Baked Goods	9 Breakfast Yogurt Craveable Assorted Cereals Pop Tarts Assorted Baked Goods	
12 Pancake Wrapped Sausage Assorted Cereals Pop Tarts Assorted Baked Goods	13 Waffle Flatbread Sandwich Assorted Cereals Pop Tarts Assorted Baked Goods	14 Chocolate Chip French Toast Assorted Cereals Pop Tarts Assorted Baked Goods	15 Apple Strudel Assorted Cereals Pop Tarts Assorted Baked Goods	16 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	
19 Pancake On A Stick Assorted Cereals Pop Tarts Assorted Baked Goods	20 Hot Pretzel w/ Cream Cheese Assorted Cereals Pop Tarts Assorted Baked Goods	21 Mini Cinni Rolls Assorted Cereals Pop Tarts Assorted Baked Goods	22 Egg & Cheese Biscuit Sandwich Assorted Cereals Pop Tarts Assorted Baked Goods	23 Yogurt Parfait Assorted Cereals Pop Tarts Assorted Baked Goods	
26 NO SCHOOL 	27 Breakfast Pizza Assorted Cereals Pop Tarts Assorted Baked Goods	28 Dutch Waffle Assorted Cereals Pop Tarts Assorted Baked Goods	29 Egg & Cheese Croissant Assorted Cereals Pop Tarts Assorted Baked Goods	30 Yogurt Parfait Assorted Cereals Pop Tarts Assorted Baked Goods	

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