

Elementary Breakfast Menu

Mon	Tue	Wed	Thu	Fri
French Toast Sausage Link Fruit Choice & Milk	Egg & Cheese Omelet, Toast Fruit Choice & Milk	Waffles Sausage Link Fruit Choice & Milk	Pancake Sausage Link Fruit Choice & Milk	Muffin & Yogurt Fruit Choice & Milk

High School Breakfast Menu

Mon	Tue	Wed	Thu	Fri
Meat, Egg & Cheese on an English Muffin Fruit Choice & Milk	WG Pancake Sausage link Fruit Choice & Milk	Biscuit and gravy Fruit Choice & Milk	French Toast Sausage Link Fruit Choice & Milk	Meat, Egg & Cheese on a Bagel Fruit Choice & Milk

Elementary

Daily Breakfast offerings

*Grab & Go Meals:

Cereal bar, yogurt & fruit.

*Cereal w/ bread

Milk Choice

1% white milk

Fat free chocolate milk

Breakfast Serving Times

Elementary: 7:15am –

8:00am

Middle & High: 7:30 -8:00am

Latchkey Snack

We have snack time each afternoon. If your child would like to participate in snack time, you can send a snack from home or elect to purchase a snack through the Cafeteria.

Beverage (1)

100% juice

1% White Milk

Fat Free Choc. Milk

Protein (1)

Cheese Stick

Yogurt

Grain (1)

Muffin

Popcorn

Bug Bites

Pop tarts

Assorted Crackers

Fruit (1)

Apple

Oranges

*Snacks include 2 items from any of the food group components listed above.

*All snacks served from our cafeteria meet the nutritional guidelines set by USDA.

Snack Prices

\$1.00

Reduced: \$.15

High School

Parfait

Blueberry Bagel

Cinnamon Raisin Bagel

Cereal Options: Coca Puffs,

Cinnamon Tst crunch, Trix,

Honey nut cherrios, Lucky

Charms.

Milk Choice

1% white milk

Fat free chocolate milk

Prices

Students: Free

Adult BRK: \$3.50

*Do you want to track your child's purchases, balance and deposit money on to their food service account. Contact Valerie Baker at vbaker@newlothrop.k12.mi.us. And ask how.