



Meet Your Nutritious Friend:  
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Cinni Rolls Assorted Cereals	4 Breakfast Pizza Assorted Cereals	5 Apple Pie Smoothie Bowl Assorted Cereals	6 French Toast Sticks with Syrup Assorted Cereals	7 Fruit & Yogurt Parfait Assorted Cereals
10 Mini Maple Pancakes Assorted Cereals	11 Breakfast Pizza Assorted Cereals	12 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals	13 Chocolate Chip French Toast Assorted Cereals	14 Apple Strudel Assorted Cereals
17 Mini Cinni Rolls Assorted Cereals	18 Breakfast Pizza Assorted Cereals	19 Apple Pie Smoothie Bowl Assorted Cereals	20 French Toast Sticks with Syrup Assorted Cereals	21 Fruit & Yogurt Parfait Assorted Cereals
24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL

### What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

### Whole Grain Cereals

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free white, fat-free chocolate

### (V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

### (VG) Vegan

These items do not contain any animal products

### Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.95



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