



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	4 French Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
8 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	9 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	11 French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
15 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	18 French Toast Assorted Cereals or Cereal Bar with Graham Crackers	19 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
22 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	23 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	24 Winter Break	25 Winter Break	26 
29 Winter break	30 	31 Winter break	1 	2 Winter break

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
(served with graham crackers)
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops,

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

Choice of Milk
1% 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

Your Team
Nancy Piazza, Food Service Director
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Meal Prices
Student Breakfast \$1.90
Reduced Breakfast \$0.00

