



Meet Your Nutritious Friend:  
Brown Rice Besties

Monday	Tuesday	Wednesday	Thursday	Friday
29 Winter break	30	31 	1 Happy New Year!	2 Winter Break
5 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	6 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	7 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	9 Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers
12 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	13 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	14 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	15 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers
19 No School	20 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	21 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	22 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	23 Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers
26 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	27 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	29 Mini Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers

### 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  
[eas@nsfm.com](mailto:eas@nsfm.com)

### Meal Prices

Student Breakfast \$1.90  
Reduced Breakfast \$0.00

