



**Meet Your Nutritious Friend:
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday	<p>What is a Meal?</p> <p>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 or Vegetable - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals <i>(served with graham crackers)</i></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Cheerios</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free chocolate, fat-free strawberry, Lactaid with a Doctor's note</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>
2 Cinnamon Toast Crunch Cereal Bar w/Graham Crackers	3 WG Powdered Donut	4 Trix Cereal Bar w/Graham Crackers	5 Maple Mini Pancakes	6 Cocoa Puff Cereal Bar w/Graham Crackers	
9 Cheerio's Cereal Bar	10 Chocolate Chip Muffin	11 Lucky Charms Cereal Bar with Graham Crackers	12 Mini Cinni	13 Cinnamon Pop tart	
16 Closed	17 WG Chocolate Donut	18 Trix Cereal Bar w/Graham Crackers	19 Blueberry Pancakes	20 Cocoa Puff Cereal Bar w/Graham Crackers	
23 Cheerio's Cereal Bar	24 Apple Bites	25 Lucky Charms Cereal Bar with Graham Crackers	26 Mini Strawberry Neufchatel Cheese filled Bagel	27 Strawberry Pop tart	

Your Team

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Meal Prices

Student Breakfast	\$1.35
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.00

