




**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	4 WG Chocolate Chip Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	5 WG Froot Loop Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	6 WG Strawberry Cheerios Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
9 WG Banana Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	10 WG Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	11 WG Apple Cinnamon Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	12 WG Mini Chocolate Chip French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	13 WG Cinnamon Toast Crunch Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
16 WG Blueberry Bread Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	17 WG Mini Confetti Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	18 WG Banana Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	19 WG Mini Maple Pancakes Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	20 
23 WG Blueberry Muffin Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	24 WG Froot Loop Waffle Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	25 WG Apple Cinnamon Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	26 WG Mini French Toast Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	27 WG Lucky Charms Cereal Bar Assorted Cereals Pop-tarts Assorted Juice Fruit of choice
30 WG Glazed Donut Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	31 WG Mini Cinnamon Waffles Assorted Cereals Pop-tarts Assorted Juice Fruit of choice			

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 1/2 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, Cheerios

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.

(WG) Whole Grain
(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

Contact

Cathy Muto, General Manager
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Meal Prices

Student Breakfast \$0.00
Reduced Breakfast \$0.00

