

BABY



Black Bean

Meet Your Nutritious Friend:  
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cereal With Graham Snack  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	2 Blueberry Pop Tart  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	3 
6 	7 Bagel w/ Cream Cheese  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	8 Pancake on a Stick  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	9 Waffles  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	10 Cereal Bar With Graham Snack  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk
13 Apple Strudel  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	14 Mini French Toast  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	15 Cereal With Graham Snack  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	16 Strawberry Pop Tart  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	17 Mini Pancakes  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk
20 Mini Cinni Rolls  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	21 Bagel w/ Cream Cheese  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	22 Cereal With Graham Snack  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	23 Waffles  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	24 Strawberry Bagels  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk
27 Apple Strudel  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	28 Bagel w/ Cream Cheese  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	29 Cereal With Graham Snack  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	30 Strawberry Pop Tart  Assorted 100% Juice or Fresh or Canned Fruit 1% Milk	

### What is a Meal?

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

- 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

### (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

### Kathy Bond, Lead Cook

Rhonda Wildt, Supervisor  
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### Meal Prices

Student Breakfast	Free
Faculty Breakfast	\$3.00

