



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Chex Fruit 1% White Milk
4 Cinnamon Toast Crunch Fruit 1% White Milk	5 Yogurt & Graham Crackers Fruit 1% White Milk	6 Apple Cinnamon Cheerios Fruit 1% White Milk	7 Maple Waffles Fruit 1% White Milk	8 Cinnamon Chex Fruit 1% White Milk
11 Cinnamon Toast Crunch Fruit 1% White Milk	12 Yogurt & Graham Crackers Fruit 1% White Milk	13 Apple Cinnamon Cheerios Fruit 1% White Milk	14 Maple Waffles Fruit 1% White Milk	15 Cinnamon Chex Fruit 1% White Milk
18 Cinnamon Toast Crunch Fruit 1% White Milk	19 Yogurt & Graham Crackers Fruit 1% White Milk	20 Apple Cinnamon Cheerios Fruit 1% White Milk	21 Maple Waffles Fruit 1% White Milk	22 Cinnamon Chex Fruit 1% White Milk
25 No School	26 Yogurt & Graham Crackers Fruit 1% White Milk	27 Apple Cinnamon Cheerios Fruit 1% White Milk	28 Maple Waffles Fruit 1% White Milk	29 Cinnamon Chex Fruit 1% White Milk

What is a Meal?
Pre-K students are served the three following components for school breakfast.

- Whole Grain
- Fresh Fruit or Cupped
- 1% White Milk

Rachel Adams, Food Service Director
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Meal Prices
Student Breakfast \$1.75
Reduced Breakfast \$0.00
Faculty Breakfast \$2.25

