



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
4 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	5 Dutch Waffles Fresh or Cupped Fruit Orange Juice	6 Warm Muffin Fresh or Cupped Fruit Orange Juice	7 Apple Donuts Fresh or Cupped Fruit Orange Juice	8 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
11 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	12 Dutch Waffles Fresh or Cupped Fruit Orange Juice	13 Warm Muffin Fresh or Cupped Fruit Orange Juice	14 Apple Donuts Fresh or Cupped Fruit Orange Juice	15 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
18 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	19 Dutch Waffles Fresh or Cupped Fruit Orange Juice	20 Warm Muffin Fresh or Cupped Fruit Orange Juice	21 Apple Donuts Fresh or Cupped Fruit Orange Juice	22 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
25 No School	26 Dutch Waffles Fresh or Cupped Fruit Orange Juice	27 Warm Muffin Fresh or Cupped Fruit Orange Juice	28 Apple Donuts Fresh or Cupped Fruit Orange Juice	29 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice

What is a Meal?

Students must have at least 3 of the 4 components for the school breakfast price.

- Whole Grain
- Protein
- Fruit
- Milk

A minimum ½ cup serving of fruit must accompany a reimbursable breakfast..

Daily Alternate

- WG Pop-Tart with a Cheese Stick
- Yogurt & Graham Crackers
- Oatmeal Bar & Cheese Stick
- Cereal & Graham Crackers

Milk

1% white, FF White

Rachel Adams, Food Service Director
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Meal Prices

Student Breakfast	\$1.75
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.25



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.