



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	2 Eggo Maple Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Egg & Cheese on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	4 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
8 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	9 Eggo Maple Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg & Cheese on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	11 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip Muffin Assorted Cereals or Cereal Bar with Graham Crackers
15 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	16 Eggo Maple Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg & Cheese on a Bagel Assorted Cereals or Cereal Bar with Graham Crackers	18 	19
22	23	24	25	26
29				

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

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate



(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

Your Team
Nancy Piazza Food Service Director
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Meal Prices
Student Breakfast \$1.90

