



Meet Your Nutritious Friend:  
Whistling Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	2 Dutch Waffles Fresh or Cupped Fruit Orange Juice	3 Warm Muffin Fresh or Cupped Fruit Orange Juice	4 Apple Donuts Fresh or Cupped Fruit Orange Juice	5 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
8 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	9 Dutch Waffles Fresh or Cupped Fruit Orange Juice	10 Warm Muffin Fresh or Cupped Fruit Orange Juice	11 Apple Donuts Fresh or Cupped Fruit Orange Juice	12 Cinnamon Cream Cheese Filled Bagel Fresh or Cupped Fruit Orange Juice
15 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	16 Dutch Waffles Fresh or Cupped Fruit Orange Juice	17 Warm Muffin Fresh or Cupped Fruit Orange Juice	18 Apple Donuts Fresh or Cupped Fruit Orange Juice	19 <b>No School</b>
22 Egg & Cheese Bagel Fresh or Cupped Fruit Orange Juice	23 Dutch Waffles Fresh or Cupped Fruit Orange Juice	24	25	26
29	30			

### 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

