



BREAKFAST – FREE TO ALL STUDENTS
GRAB AND GO CARTS IN EACH SCHOOL
 Cart Choice: First Breakfast Item/Juice
 OR 2 oz. Cereal/Juice
 Also may take fruit and/or milk



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Adult Breakfast \$1.50

"USDA is an equal opportunity provider and employer."

Monday



Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7

8

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10

11

Apple Pie Pocket **14**
 Biscuit/Gravy (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Dutch Waffle **15**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chicken Biscuit **16**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Banana Muffin (Grab & Go ONLY) **17**
 Breakfast Pizza (Café ONLY)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Cinnamon Bagel **18**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Glazed Donut **21**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chocolate Chip Breakfast Bar **22**
 Biscuit & Gravy (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Sausage Biscuit **23**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini French Toast (Grab & Go) **24**
 French Toast Sticks/Syrup (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Orange Muffin **25**
 Scrambled Eggs/Toast (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Corn Dogs **28**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Blueberry Muffin **29**
 Biscuit/Gravy (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chicken Biscuit **30**
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Cinnis **31**
 Scrambled Eggs/Toast (Café)
 May take one item listed below with toast:
 Cereal, Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

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