

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST- FREE TO ALL STUDENTS
Adults \$1.50
GRAB & GO CARTS IN ALL SCHOOLS
CART CHOICE: FIRST ITEM LISTED ON MENU/ JUICE OR
2 OZ CEREAL/ JUICE (ALSO MAY TAKE FRESH FRUIT AND /OR MILK)
TRADITIONAL BREAKFAST SERVED IN DINING ROOM



Banana Muffin
Breakfast Pizza (Cafeteria) **5**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chicken Biscuit **6**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chocolate Chip Breakfast Bar
WG Biscuit/ Gravy **7**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow/Jelly Jamwich
French Toast Sticks/ Syrup **1**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Orange Muffin **2**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

NATIONAL BAGEL DAY
Strawberry Cream Cheese Bagel **12**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Dutch Waffle **13**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Sausage Biscuit **14**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Glazed Donut **8**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow/Jelly Jamwich
Mini Corn Dogs **9**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Blueberry Muffin
Cheesy Eggs w/ Toast **15**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow/Jelly Jamwich
Mini Corn Dogs **16**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Glazed Donut **19**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chicken Biscuit **20**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow/Jelly Jamwich
WG Biscuit/ Gravy **21**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Mini Maple Pancakes **22**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chocolate Chip Muffin
Scrambled Eggs w/Toast **23**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chicken Biscuit **26**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Cinnamon Cream Cheese Bagel
WG Biscuit/ Gravy **27**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow/Jelly Jamwich **28**
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Water makes up more than half of our body weight. Dehydration can be very dangerous and occurs when a person does not drink enough water or when we lose water from our body through perspiration which contains natural salts and minerals that help our bodies function properly.
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