



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

Dutch Waffle

① 1

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

French Toast Breakfast Bar

2

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chicken Biscuit

3

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Breakfast Pizza

4

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Maple Pancakes

5

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Sausage Biscuit

⑤ 8

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

French Toast Sticks

9

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Corn Dogs

10

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Ham & Cheese Croissant

11

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chocolate Chip Muffin

12

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Breakfast Pizza

④ 15

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Sausage Biscuit

16

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Dutch Waffle

17

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Chicken Biscuit

18

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Strawberry Mini Bagel

19

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Blueberry Muffin

③ 22

Biscuit/Gravy
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Pancake & Sausage on Stick

23

Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

Mini Cinnis

24

Scrambled Eggs/Toast
 Toast
 May take one item listed below with toast:
 Cereal, Cereal Bar
 Pop Tart, String Cheese
 Assorted Fruit/Fruit Juice: May take both
 Milk: May take

MANAGER'S CHOICE

25

MANAGER'S CHOICE

26

29

30

31

