



# BREAKFAST

All students are offered breakfast at no cost.  
Breakfast always includes a whole grain entrée, fresh fruit and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Roll Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	4 Blueberry Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	5 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	6 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	7 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
10 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	11 Benefit Bar Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	12 Mini Bagels Cinnamon/Strawberry Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	13 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	14 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
17	18 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	19 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	20 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	21 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
24 Mini Bagels Cinnamon/Strawberry Fresh Fruit Choices Milk Choices Cereal Choices	25 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	26 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	27 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	28 Donut, Ring, Apple Filled Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait

**DID YOU KNOW?**

**Your meal eligibility expires Sept 15. You MUST fill out a new application every school year.**

Apply on line for Free/Red Meals at <https://fridley.sdms2.com>, print app from website or go to your school office.

Menu subject to change. USDA is an equal opportunity employer.