



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
		1 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	2 Filled Cinnamon Toast Fresh Fruit Choices Milk Choices Cereal Choices	3 Donut, Ring, Apple Filled Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
6 Cinnamon Roll Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	7 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	8 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	9	10
13 Mini Bagels Cinnamon/Straw berry Fresh Fruit Choices Milk Choices Cereal Choices	14 Banana Choc Chip Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	15 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	16 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	17 Mini Chocolate Chip Pancakes Mini Maple Pancakes Fresh Fruit Choices Milk Choices Cereal Choices
20 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	21 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	22 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	23 Filled Cinnamon Toast Fresh Fruit Choices Milk Choices Cereal Choices Coffee Kickstart Beverage	24 Donut, Ring, Apple Filled Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
27	28 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	29 Filled Cinnamon Toast Soft Filled CocoaPuff Bar Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	30 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	1 Frudel Strudel 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.