

Elementary/K8 Breakfast Menu - November 2019

STUDENT MEAL PRICES
 Breakfast \$1.50 ■ Extra Milk \$.50
 Adult Breakfast \$2.00



For a complete meal you must select a minimum of three ★'s.
 At least one ★ must be a ★ Fruit.

Breakfast includes

ENTRÉE (2 Stars) Choose 1

★ **PROTEIN** & ★ **GRAINS**

★★ **FRUIT** Choose 1 or 2

















Fresh Fruit (Seasonal)
 Fruit Cup
 100% Fruit Juice

★ **MILK** Choose 1

1% Low Fat **OR** Non Fat White Milk

Be a Rising Star with a Healthy School Breakfast!

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

<p>STUDENT MEAL PRICES Breakfast \$1.50 ■ Extra Milk \$.50 Adult Breakfast \$2.00</p>				
<p>For a complete meal you must select a minimum of three ★'s. At least one ★ must be a ★ Fruit.</p>				
<p>Breakfast includes</p> <p>ENTRÉE (2 Stars) Choose 1</p> <p>★ PROTEIN & ★ GRAINS</p> <p>★★ FRUIT Choose 1 or 2</p> <p>Fresh Fruit (Seasonal) Fruit Cup 100% Fruit Juice</p> <p>★ MILK Choose 1</p> <p>1% Low Fat OR Non Fat White Milk</p> <p>Be a Rising Star with a Healthy School Breakfast!</p> <p>Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.</p>				
<p>Great Earth 4</p>  <p>Cinnamon Roll</p>	<p>5</p>  <p>Cocoa Puffs Bar</p>	<p>6</p>  <p>Yogurt Parfait with Fruit and Crunchy Granola</p>	<p>7</p>  <p>Cinnamon Raisin Bagel with Cream Cheese</p>	<p>1</p>  <p>Cinnamon Toast Crunch Bar</p>
<p>11</p> 	<p>12</p>  <p>Ham & Cheese Breakfast Croissant</p>	<p>13</p>  <p>Yogurt Parfait with Fruit and Crunchy Granola</p>	<p>14</p>  <p>Blueberry Bagel with Cream Cheese</p>	<p>15</p>  <p>Cinnamon Toast Crunch Bar</p>
<p>18</p>  <p>Cinnamon Roll</p>	<p>19</p>  <p>Cocoa Puffs Bar</p>	<p>20</p>  <p>Yogurt Parfait with Fruit and Crunchy Granola</p>	<p>21</p>  <p>Cinnamon Raisin Bagel with Cream Cheese</p>	<p>22</p>  <p>Coffee Cake with Cinnamon Crumble Topping</p>
<p>25</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>26</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>27</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>28</p> <p>HAPPY THANKSGIVING!</p> 	<p>29</p> <p>NO SCHOOL THANKSGIVING BREAK</p>

Menu is subject to change. Notice will be given if possible.

Daily Additional Entree Choice

Cereal with Whole Grain Grahams (only Low Sugar Whole Grain Cereals are offered)