

Elementary/K8 Breakfast Menu - January 2020

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.



















Happy Birthday



Dr. King!

"I have decided to stick with love. Hate is too great a burden to bear."
 ~ Dr. Martin Luther King Jr.



<p>Pop Tart 6</p> 		<p>Ham & Cheese 7</p> <p>NEW! </p> <p>Breakfast Croissant</p>		<p>Yogurt Parfait 8</p> <p>with Fruit and Crunchy Granola</p> 		<p>NO SCHOOL WINTER BREAK</p>		<p>NO SCHOOL WINTER BREAK</p>	
<p>Great Earth 13</p>  <p>Cinnamon Roll</p>		<p>14</p>  <p>Cocoa Puffs Bar</p>		<p>Yogurt Parfait 15</p> <p>with Fruit and Crunchy Granola</p> 		<p>Cinnamon Raisin Bagel 16</p>  <p>with Cream Cheese</p>		<p>Cinnamon Toast 10</p>  <p>Crunch Bar</p>	
<p>MARTIN LUTHER KING JR. DAY Holiday</p>		<p>Pop Tart 21</p> 		<p>Yogurt Parfait 22</p> <p>with Fruit and Crunchy Granola</p> 		<p>Blueberry Bagel 23</p>  <p>with Cream Cheese</p>		<p>Cinnamon Toast 17</p>  <p>with Cinnamon Crumble Topping</p>	
<p>Great Earth 27</p>  <p>Cinnamon Roll</p>		<p>Cocoa Puffs Bar 28</p> 		<p>Yogurt Parfait 29</p> <p>with Fruit and Crunchy Granola</p> 		<p>Cinnamon Raisin Bagel 30</p>  <p>with Cream Cheese</p>		<p>Cinnamon Toast 24</p>  <p>Crunch Bar</p>	
								<p>Coffee Cake 31</p>  <p>with Cinnamon Crumble Topping</p>	

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

Daily Additional Entree Choices

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

