



This institution is an equal opportunity provider
 Breakfast is free to students only
 Adult breakfast cost is \$ 2.75
 Menus are subject to change



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.
 Students have the choice of White skim milk, Choc skim milk, Strawberry skim milk, 1% White milk



Monday



Tuesday

Wednesday

Thursday

Friday

Oatmeal Choc Chip Bar
 Breakfast Croissant
 Juice, Fruit, Choice of milk

7

Breakfast Burrito
 Breakfast Dunkin's
 Juice, Fruit, Choice of milk

1

Mini Waffle
 Ultimate Breakfast Round
 Juice, Fruit, Choice of milk

2

Fruit Frudel
 Granola Round
 Juice, Fruit, Choice of milk

3

4

Breakfast Stick's
 Muffin
 Juice, Fruit, Choice of milk

14

Cereal Bar/ Chex mix
 Breakfast Taco/ Cheese Stick
 Juice, Fruit, Choice of milk

8

Mini Pancake
 Ultimate Breakfast Round
 Juice, Fruit, Choice of milk

9

Breakfast O's
 Mini Cinni
 Juice, Fruit, Choice of milk

10

11

Breakfast Burrito
 Breakfast Dunkin's
 Juice, Fruit, Choice of milk

15

Mini Waffle
 Ultimate Breakfast Round
 Juice, Fruit, Choice of milk

16

Fruit Frudel
 Granola Round
 Juice, Fruit, Choice of milk

17

18

Oatmeal Choc Chip Bar
 Breakfast Croissant
 Juice, Fruit, Choice of milk

21

Cereal Bar/ Chex mix
 Breakfast Taco/ Cheese Stick
 Juice, Fruit, Choice of milk

22

Mini Pancake
 Ultimate Breakfast Round
 Juice, Fruit, Choice of milk

23

24

24

25

28

29

30

31

