

DAILY BREAKFAST MENU ELEMENTARY



CHOOSE ONE 8 OZ. MILK
COUNTS AS ONE ITEM

1% WHITE
NONFAT CHOCOLATE
NONFAT STRAWBERRY
NONFAT WHITE

+

CHOOSE ONE OR TWO
DIFFERENT ITEMS

FRESH FRUIT
CANNED OR DRIED FRUIT
JUICE 4 OZ.

+

CHOOSE ONE ITEM

WHOLE GRAIN CEREAL
WHOLE GRAIN MUFFIN
BREAKFAST BUN

**AND CHOOSE ONE
ADDITIONAL ITEM**

LOW FAT YOGURT
STRING CHEESE
GRAHAM CRACKERS

OR

CHOOSE ONE ONLY
COUNTS AS 2 ITEMS

SELECTION VARIES DAILY

WHOLE GRAIN BAGEL
CINNI MINI BUN
ASSORTED BREADS

OR
SPECIAL

Breakfast Meal \$1.50
Reduced Breakfast Meal .30
Free Breakfast for
eligible children

STUDENTS MUST TAKE A MINIMUM OF 3 ITEMS ONE BEING A FRUIT OR JUICE

menu subject to change

This institution is an equal
opportunity provider