



#### School Information:

Breakfast Prices- K-6 \$1.65  
MS/HS- \$1.75 Adults \$2.10  
Extra Milk - .35 Reduced Price .30



**Nutrition Tip:** Eat Breakfast! Several studies suggest that eating breakfast may help children do better in school.  
Reference: IFIC, Wake Up to the Benefits of Breakfast, 2009.

### Monday

Breakfast Every Day **3**  
Breakfast is served at the Elementary School from 7:40-8:10.

**10**

The Middle/High School begins serving at 7:50 and ends at 8:10.

**17**

This allows the students to arrive in their classrooms at 8:20.

**24**

Breakfast Pizza  
Orange Slices  
Fruit Juice, Milk Choice

**31**

Breakfast Pizza  
Orange Slices  
Fruit Juice, Milk Choice

### Tuesday

Daily Milk Choices- **4**  
Non-Fat White  
Non-Fat Chocolate  
1% White

**11**

**18**

Biscuit & Gravy **25**  
Pineapple Chunks  
Fruit Juice, Milk Choice



### Wednesday

Daily Whole Grain **5**  
Cereal Choices-  
Marshmallow Mate's,  
Cinnamon Toast Crunch,  
Cocoa Puffs, Cheerios,

**12**

Fruit Loops, Frosted  
Flakes, Honey Nut Chex

**19**

Mini Waffles, Syrup  
Orange Slices  
Fruit Juice  
Milk Choice

**26**

Whole Grain Cereal **26**  
Yogurt Cup  
Apple Sauce  
Fruit Juice, Milk Choice



### Thursday

Breakfast Fruit Juice **6**  
Choices- Apple or  
Orange

**13**

Some Fruit Choices  
are subject to change if  
seasonal.

**20**

Whole Wheat Bagel  
w/ Cream Cheese  
Cantaloupe  
Fruit Juice, Milk Choice

**27**

WG-Cinnamon Roll **27**  
Fresh Banana  
Fruit Juice, Milk Choice

### Friday

WG = Whole Grain **7**

**14**

**21**

Whole Grain Cereal **21**  
WG Pop tart  
Tropical Fruit  
Fruit Juice, Milk Choice

**28**

French Toast Sticks **28**  
Syrup, Apple Quarters  
Fruit Juice, Milk Choice

