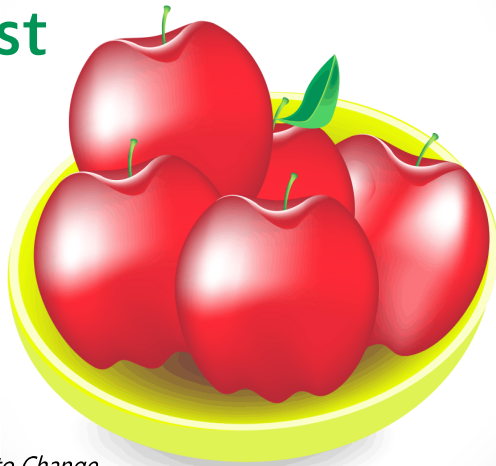


Breakfast



Menu Subject to Change

Daily Breakfast Menu

Choose At Least 1 Fruit and 2 Other food items.
For best nutrition, choose all 5!

Breakfast Prices 2016-2017

Regular Price	\$1.50	
Reduced	Free	Breakfast only
Free	Free	

Milk Only \$0.55

Free or Reduced Price Meal Applications

Family applications will be sent home with students on the first day of school. Please return **ONE** family application per household to school or the Food Service Office

MILK

Choose 1

- ◆ Low-fat 1%
- ◆ Fat-free Milk
- ◆ Fat-free Chocolate
- ◆ Fat-free Strawberry

Fruits

Choose up to 2*

- ◆ Fresh Cut-up Fruit
- ◆ Canned Fruit
- ◆ Whole Fruit
- ◆ 100% Fruit Juice

* Choose 2 fruits or 1 fruit and 1 juice

Grains

Choose 1

- ◆ Whole Grain Bagel
- ◆ Whole Grain Assorted Muffins
- ◆ Whole Grain Mini Pancakes
- ◆ Cereal & Milk

Meat/Meat Alternate

Choose 1

- ◆ Yogurt assorted Flavors
- ◆ Low-fat cheese stick
- ◆ Egg Sandwich

GOOD MORNINGS.



You might go 14 hours between dinner and breakfast. And when you "break" your long "fast" with a healthy morning meal, you pay better attention in school. Participate more. Perform better in the classroom.

And even score higher on standardized tests. Make every morning good with breakfast!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!