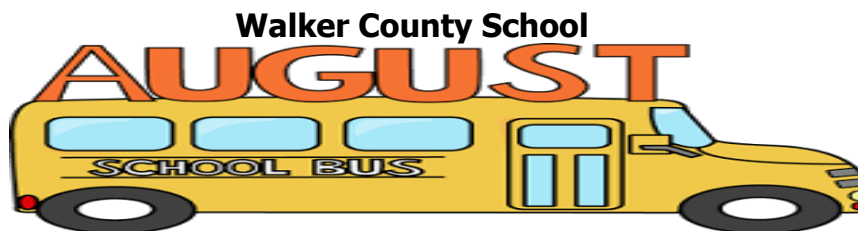








START EVERY DAY WITH BREAKFAST



**Breakfast Menu
2017 - 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 3	Biscuit OR Pop Tart Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 4
Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 7	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 8	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 9	Chicken Biscuit OR Pop Tart Yogurt Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 10	Egg & Cheese Croissant OR French Toast Sticks Raisins / Fresh Fruit / Juice Choice Milk Choice 11
Pancakes OR Cheese Toast Pears / Fresh Fruit / Juice Choice Milk 14	Chicken Biscuit OR Cinnamon Toast Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 15	Biscuit OR Cereal Choice Yogurt Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 16	Sausage Biscuit OR Pop Tart Yogurt Raisins / Fresh Fruit / Juice Choice Milk Choice 17	Egg & Cheese Croissant OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 18
Falling Star French Toast Sticks OR Cosmic Dust Cinnamon Toast Big Dipper Yogurt Pulsar Pears Earth Shine Fresh Fruit Galaxy Juice Choice Milky Way Milk Choice 21	Sausage Biscuit OR Cereal Choice Yogurt Applesauce / Fresh Fruit / Juice Choice Milk Choice 22	Pancake Sausage on Stick OR Cheese Toast Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 23	Egg & Cheese Croissant OR Chicken Biscuit Blueberries / Fresh Fruit / Juice Choice Milk Choice 24	Biscuit OR Pop Tart Yogurt Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 25
Biscuit OR Cereal Choice Yogurt Pears / Fresh Fruit / Juice Choice Milk Choice 28	Sausage Biscuit OR Cheese Toast Applesauce / Fresh Fruit / Juice Choice Milk Choice 29	Pancake Sausage on Stick OR Yogurt Parfait w/ Graham Cracker Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 30	Chicken Biscuit OR Pop Tart Yogurt Dried Mixed Fruit / Fresh Fruit / Juice Choice Milk Choice 31	 <p>½ cup of fruit or juice must be on your tray.</p>

MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Breakfast provides 25% of a child's RDA (Recommended Dietary Allowance). Skipping breakfast lowers academic performance, which can lead to other problems for students. A good breakfast whether eaten at home or at school provides nutritious, healthy food choices including fruit and whole grain products. Only 15% of students eat fruit as recommended by the Food Guide Pyramid. Good health is precious. Help your child make good choices.