

Breakfast Cycle Menu - August/September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
8/19/24	8/20/24	8/21/24	8/22/24	8/23/24
			Ham, Egg, & Cheese on a English Muffin or Assorted Cereals or Cereal Bar	Dutch Waffle w/ Syrup or Assorted Cereals or Cereal Bar
			Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
8/26/24	8/27/24	8/28/24	8/29/24	8/30/24
Breakfast Pizza w/ Turkey Sausage or Assorted Cereals or Cereal Bar	French Toast Sticks or Assorted Cereals or Cereal Bar	Pancake & Sausage Wrap or Assorted Cereals or Cereal Bar	Egg & Cheese on Bagel or Assorted Cereals or Cereal Bar	NO SCHOOL
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
NO SCHOOL	Pancakes w/Syrup or Assorted Cereals or Cereal Bar	Sausage & Cheese on a Biscuit or Assorted Cereals or Cereal Bar	Assorted Cereal Bar or Assorted Cereals or Cereal Bar	Belgian Waffle w/ Syrup or Assorted Cereals or Cereal Bar
	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Ham, Egg, & Cheese on a English Muffin or Assorted Cereals or Cereal Bar	Dutch Waffle w/ Syrup or Assorted Cereals or Cereal Bar	Breakfast Pizza w/ Turkey Sausage or Assorted Cereals or Cereal Bar	French Toast Sticks or Assorted Cereals or Cereal Bar	Pancake & Sausage Wrap or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Egg & Cheese on Bagel or Assorted Cereals or Cereal Bar	Pancakes w/ Syrup or Assorted Cereals or Cereal Bar	Sausage & Cheese on a Biscuit or Assorted Cereals or Cereal Bar	Assorted Cereal Bar or Assorted Cereals or Cereal Bar	Belgian Waffle w/ Syrup or Assorted Cereals or Cereal Bar
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry
 You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Adult Breakfast
\$2.85

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Student Paid Breakfast \$0.00 Student Reduced Breakfast \$0.00 Adult Breakfast \$0.00

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