



**Meet Your Nutritious Friend:
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	3 Sausage, Egg & Cheese Muffin Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	5 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
9 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers
16 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	17 Sausage, Egg & Cheese Muffin Assorted Cereals or Cereal Bar with Graham Crackers	18 Assorted Muffins and Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
23 NO SCHOOL	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	26 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers

What is a Meal?
Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, lactose free white, fat-free chocolate

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Powered by Metz Culinary Management
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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.85

