



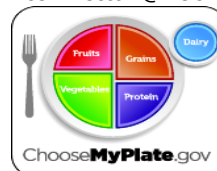
Breakfast Grades 9-12 \$1.30

Monday	Tuesday	Wednesday	Thursday	Friday
Choose 3 or 4 No duplicates	Choose 3 or 4 No duplicates	Choose 3 or 4 No duplicates	Choose 3 or 4 No duplicates	Choose 3 or 4 No duplicates
100% Fruit Juice Assorted Fresh Fruit or Chilled Fruit Cold Cereal	100% Fruit Juice Assorted Fresh Fruit or Chilled Fruit Cold Cereal	100% Fruit Juice Assorted Fresh Fruit or Chilled Fruit Cold Cereal	100% Fruit Juice Assorted Fresh Fruit or Chilled Fruit Cold Cereal	100% Fruit Juice Assorted Fresh Fruit or Chilled Fruit Cold Cereal
1 sl Whole Grain Toast	1 sl Whole Grain Toast	1 sl Whole Grain Toast	1 sl Whole Grain Toast	1 sl Whole Grain Toast
2 sl Whole Grain Toast (count as 2)	2 sl Whole Grain Toast (count as 2)	2 sl Whole Grain Toast (count as 2)	2 sl Whole Grain Toast (count as 2)	2 sl Whole Grain Toast (count as 2)
Yogurt	Muffin		2 sl French Toast or 2 Pancake	Breakfast Sandwich (counts as 2)
Bagel w/ cream cheese (counts as 2)	Bagel w/ cream cheese (counts as 2)	Bagel w/ cream cheese (counts as 2)	Bagel w/ cream cheese (counts as 2)	Bagel w/ cream cheese (counts as 2)
English Muffin (count as 2)	English Muffin (count as 2)	English Muffin (count as 2)	English Muffin (count as 2)	English Muffin (count as 2)
Milk	Milk	Milk	Milk	Milk

A fruit or vegetable must be taken with breakfast according to the Hunger-free Healthy Kids Act of 2010

Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions or comments? Please Call Larry Young, Food Service Director @ 798-1910



The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin.

Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250

Choice of Milk Daily: 1 %, Fat Free or Fat Free Chocolate