



**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers		
6 	7 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	8 Iced Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
13 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	14 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	15 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
20 Iced Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	21 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	22 Waffle Sticks Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Apple Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	29 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast 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, fat-free chocolate

Your Team
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Meal Prices
Student Breakfast \$0.00
Faculty Breakfast \$3.00

