



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	5 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
9 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	11 Yogurt & Fruit Parfait Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	13 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers
16 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	18 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	20 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
23 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Yogurt & Fruit Parfait Assorted Cereals or Cereal Bar with Graham Crackers	26 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	27 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers
30 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza 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

Emily Biechy, General Manager
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Meal Prices

Student Breakfast \$0.00
Faculty Breakfast \$3.00

