



Meet Your Nutritious Friend:
Avocado-do

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | | | 1 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers |
| 4 Iced Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers | 5 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers | 6 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers | 7 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 8 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers |
| 11 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 12 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers | 13 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers | 14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 15 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers |
| 18 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers | 19  | 20 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers | 21 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 22 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers |
| 25  | 26 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | 27 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers | 28 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers | 29 Dutch Waffle 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

