

## Breakfast Menu Served Daily

### Breakfast Sandwich

2oz. Whole Wheat Croissant  
1oz Turkey Sausage  
1oz. American Cheese  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,  
Honey Nut Cheerios Golden Graham 1 cup  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### Whole Wheat Bagel

4oz. Bagel  
1oz Cream Cheese  
1 Piece or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### Parfait

Plain, Fat Free Yogurt 6oz.  
Strawberries ½ cup  
Granola 3oz  
1% or Fat Free Flavored Milk

### Served Tuesday/ Thursday

### Whole Wheat Raised Donut

3oz Donut  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

### Served Daily

### Fruit Smoothie

6oz. Plain Fat Free Yogurt  
4oz Strawberries  
4oz Banana  
2oz 100% Orange Juice

### Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

**Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free MHS**  
**Breakfast Meal-\$1.50 /Reduced .30 /Free MMS**