



## Breakfast Menu

**GET FRESH.  
BUY LOCAL.**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Grain Bagel with Cream Cheese  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	2 Whole Grain French Toast Sticks With Fruit Compote  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	3 School Made Fruit Muffin  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice
6 Whole Grain English Muffin with Hard Boiled Egg  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	7 Whole Grain Bagel with Cream Cheese  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	8 Egg and Sausage Breakfast Sandwich on a Whole Grain English Muffin  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	9 Pancakes Maple Syrup  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	10 Fruit and Yogurt Parfait  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice
13 Oatmeal with Raisins  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	14 Scrambled Eggs Whole Grain Toast  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	15 Fruit and Yogurt Parfait  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	16 Whole Grain French Toast Sticks With Fruit Compote  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	17 School Made Fruit Muffin  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice
<i>Winter Recess Week of February 20-24, 2012</i>				
27 Oatmeal with Apple Slices  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	28 Whole Grain Bagel with Cream Cheese  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	29 Egg and Sausage Breakfast Sandwich on a Whole Grain English Muffin  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	3/1 Oatmeal with Raisins  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice	3/2 School Made Fruit Muffin  Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice

Entrée is equivalent to two whole grain components or one whole grain and one protein component

Full Price Elementary School \$.85  
Middle/ High School \$1.10  
Reduced Price Breakfast \$.30

**Available Daily for  
Middle and High Schools:**

**Fruit & Yogurt Bar  
Whole Grain Bagels  
Assorted Whole Grain Cereals**

