



## Breakfast Menu

**GET FRESH.  
BUY LOCAL.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NATIONAL NUTRITION MONTH 2012</p> <p><b>GET YOUR PLATE IN SHAPE</b></p>			<p>Oatmeal with Raisins <sup>1</sup></p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p>School Made Fruit Muffin <sup>2</sup></p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>
<p><sup>5</sup></p> <p>Whole Grain English Muffin with Hard Boiled Egg</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>6</sup></p> <p>Whole Grain Bagel with Cream Cheese</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>7</sup></p> <p>Egg and Sausage Breakfast Sandwich on a Whole Grain English Muffin</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>8</sup></p> <p>Pancakes Maple Syrup</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>9</sup></p> <p>Fruit and Yogurt Parfait</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>
<p><sup>12</sup></p> <p>Oatmeal with Sweet Dried Cherries</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish</p>	<p><sup>13</sup></p> <p>Scrambled Eggs Whole Grain Toast</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>14</sup></p> <p>Fruit and Yogurt Parfait</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>15</sup></p> <p>Whole Grain French Toast Sticks With Fruit Compote</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>16</sup></p> <p>School Made Fruit Muffin</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>
<p><sup>19</sup></p> <p>Whole Grain English Muffin with Hard Boiled Egg</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>20</sup></p> <p>Whole Grain Bagel with Cream Cheese</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>21</sup></p> <p>Egg and Sausage Breakfast Sandwich on a Whole Grain English Muffin</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>22</sup></p> <p>Pancakes Maple Syrup</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>23</sup></p> <p>Fruit and Yogurt Parfait</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>
<p><sup>26</sup></p> <p>Oatmeal with Sweet Dried Cherries</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish</p>	<p><sup>27</sup></p> <p>Scrambled Eggs Whole Grain Toast</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>28</sup></p> <p>Fruit and Yogurt Parfait</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>29</sup></p> <p>Whole Grain French Toast Sticks With Fruit Compote</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>	<p><sup>30</sup></p> <p>School Made Fruit Muffin</p> <p>Also Available Each Day: Whole Grain Cereal, 1% or Skim Milk, Chilled or Fresh Fruit, Whole Grain Goldfish Crackers and 100% Fruit Juice</p>

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:  
Assorted Breakfast Sandwiches  
Fruit & Yogurt Bar  
Whole Grain Bagels  
Assorted Whole Grain Cereals**

