

Steps for Choosing School Breakfast

Choose at least 3 Components, each from separate food groups, one of which must be a fruit.

Please reference the posted daily menu to see component content of each item to make selections. Don't hesitate to ask for help if needed

Step 1-	Choose an Entree available for School Breakfast that day
Step 2-	Choose a Fresh Fruit, Pack of Craisins/Raisins, or a Juice
Step 3-	Choose a Grain if your Entrée doesn't include a Grain already.
Step 4-	Choose a White or Chocolate Milk if you'd like

<u>Breakfast</u>				
<u>Entrée</u>		<u>Fruit</u>	<u>Grain</u>	<u>Veggies</u>
<u>Assorted Cereals w/ Milk and Toast w/ Butter and Jelly will be available everyday as an option</u>		Oranges	Biscuit	Tater Tots
		Apples	Toast	
Monday	Breakfast Pizza	Craisins/Raisins		
Tuesday	Scrambled Cheesy Eggs or Cinnamon Toast Muffin	Juice Boxes		
Wednesday	French Toast or Sausage, Cheese, Egg Scrambler			
Thursday	Egg & Cheese Biscuit or Cinnamon Toast Muffin			
Friday	Pancakes			



A-La-Carte Breakfast	
*Chocolate Croissants	\$ 2.50
*Chicken Biscuits	\$ 2.50
*Sausage or Bacon, Egg, & Cheese Biscuits	\$ 2.50
*Sausage/Bacon Egg & Cheese Croissants	\$ 4.00
*Egg, & Cheese Biscuit	\$ 1.75
*Pancake Wrapped Sausage Bites	\$ 1.75
*Scrambled Eggs	\$ 1.75
*Crispy Hash Browns	\$ 2.50
*Grape, Cheese, & Carrot Parfaits	\$ 3.50
*Fresh Orange Slices	\$ 0.85
*Fresh Apples	\$ 0.85
*French Toast	\$ 1.75
*Cinnamon Rolls	\$ 2.50
*Assorted Muffins	\$ 3.25
*Assorted Dry Cereals	\$ 1.00
*Assorted Pop tarts	\$ 1.00

Breakfast	\$ 1.75
Breakfast Entrée	\$ 1.75
Adult Breakfast	\$ 2.50
<u>Drinks</u>	
Gatorade	\$ 2.75
Propel	\$ 2.75
Water 20oz	\$ 1.75
Soda	\$ 1.50
Tea 20oz	\$ 2.00
Kickstart	\$ 2.50
Starbucks Iced Lattes	\$ 5.25
Starbucks Refreshers	\$ 5.25
Tropicana Premium	\$ 3.00
Juice 6oz	\$ 0.95
Milk	\$ 0.75