

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 Entrée 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>Dairy</u>
<u>Assorted Cereals and Toast w/ Butter and Jelly will be available everyday as an option</u>		Orange Slices	Biscuit	Milk
		Apples	Tortillas	
Monday	Breakfast Bagel Pizzas	Craisins/Raisins	Toast	
Tuesday	Breakfast Calzone	Juice Box		
Wednesday	French Toast Slices			
Thursday	Egg & Cheese Biscuit			
Friday	Pancake Dipped Sausage Bites			



<u>A-La-Carte Breakfast</u>	
*Bacon, Egg, & Cheese Croissants	\$ 3.50
*Chocolate Croissants	\$ 2.50
*Chicken Biscuits	\$ 1.50
*Sausage or Bacon, Egg, & Cheese Biscuits	\$ 1.50
*Egg, & Cheese Biscuit	\$ 1.00
*Pancake Wrapped Sausage Bites	\$ 1.00
*Cheesy Scrambled Eggs	\$ 1.00
*Crispy Hash Browns	\$ 1.00
*Grape, Cheese, & Carrot Parfaits	\$ 2.50
*Yogurt, Fruit & Granola Parfaits	\$ 2.50
*Fresh Orange Slices	\$ 0.75
*Fresh Apples	\$ 0.75
*Strawberry Pancakes	\$ 1.00
*Mini Blueberry Waffles	\$ 1.00
*French Toast	\$ 1.00
*Cinnamon Rolls	\$ 2.50
*Assorted Danish	\$ 1.00
*Assorted Muffins	\$ 2.50
*Assorted Cereals	\$ 1.00
*Assorted Granola Bars	\$ 0.90
*Assorted Pop tarts	\$ 0.90

Breakfast	\$ 1.25
Breakfast Entrée	\$ 1.00
Adult Breakfast	\$ 2.50
<u>Drinks</u>	
Gatorade	\$ 2.25
Propel	\$ 2.50
Kickstart	\$ 2.00
Water 20oz	\$ 1.50
Soda	\$ 1.25
Assorted Izze Sparkling Juices	\$ 1.50
Tea 20oz	\$ 1.75
Starbucks Iced Lattes	\$ 4.50
Tropicana Premium	\$ 2.80
Juice 6oz	\$ 0.75
Milk	\$ 0.60