

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>Assorted Cereals and Toast w/ Butter and Jelly will be available everyday as an option</u>		Orange Slices	Biscuit
		Apples	Tortillas
Monday	Breakfast Bagel Pizza	Craisins/Raisins	Toast
Tuesday	Scrambled Eggs	Juice Box	
Wednesday	French Toast Sticks		
Thursday	Egg & Cheese Biscuit		
Friday	Breakfast Calzone		



A-La-Carte Breakfast	
*Chocolate Croissants	\$ 2.50
*Chicken Biscuits	\$ 1.75
*Sausage or Bacon, Egg, & Cheese Biscuits	\$ 1.75
*Egg, & Cheese Biscuit	\$ 1.75
*Pancake Wrapped Sausage Bites	\$ 1.75
*Scrambled Eggs	\$ 1.75
*Crispy Hash Browns	\$ 1.75
*Grape, Cheese, & Carrot Parfaits	\$ 3.25
*Yogurt, Fruit & Granola Parfaits	\$ 3.25
*Fresh Orange Slices	\$ 0.75
*Fresh Apples	\$ 0.75
*French Toast	\$ 1.75
*Cinnamon Rolls	\$ 2.50
*Assorted Muffins	\$ 2.75
*Assorted Cereals	\$ 1.75
*Assorted Granola Bars	\$ 1.00
*Assorted Pop tarts	\$ 1.00

Breakfast	\$ 1.75
Breakfast Entrée	\$ 1.75
Adult Breakfast	\$ 2.50
Drinks	
Gatorade	\$ 2.50
Propel	\$ 2.75
Kickstart	\$ 2.25
Water 20oz	\$ 1.50
Soda	\$ 1.25
Assorted Izze Sparkling Juices	\$ 1.75
Tea 20oz	\$ 1.75
Starbucks Iced Lattes	\$ 4.75
Tropicana Premium	\$ 2.80
Juice 6oz	\$ 0.85
Milk	\$ 0.60