

### 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

<b>Breakfast</b>				
<b>Entrée</b>		<b>Fruit</b>	<b>Grain</b>	<b>Dairy</b>
<b><u>Assorted Cereals and Toast w/ Butter and Jelly will be available everyday as an option</u></b>		Orange Slices	Biscuit	Milk
		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			



<b>A-La-Carte Breakfast</b>	
*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 Cereal Bars	\$ 1.25
*Assorted Pop tarts	\$ 1.00

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