

Breakfast at School  
A  
Great  
Way  
to  
Start Your Day

# Breakfast on the Go You Choose

\$1.25

\$0.40 Reduced Price

**Choice #1 - Cereal  
& String Cheese or  
graham crackers  
Fruit or Juice  
Milk**

**Choice #2 -Super Bun or  
Waffles or Banana Loaf or  
Peanut Butter and Jelly  
Fruit or Juice  
Milk**

**Choice #3 -  
Yogurt & Cheese or  
Graham Crackers  
Fruit or Juice  
Milk**

Cereal Choices: Cinnamon Toast Crunch, Trix, Lucky Charms, Coco Puffs, Cheerios

Super Bun: A breakfast roll that is designed with students taste in mind and packed with all the nutrition they need.

Yogurt: 4 oz Trix Yogurt

Peanut Butter & Jelly Uncrustable: Banana Loaf Waffle Snack Pack

Applications for free or reduced price meals are available in the school office or district web site

There are four food components offered for breakfast, students must choose at least 3 of the four components.

2 oz of meat or meat alternate or  
2 servings of grains or  
one serving each of meat and grain.  
Fruit or Vegetable.  
Milk

Fresh Apples and  
Oranges are offered  
each day.  
Juice Variety in  
orange, grape, apple  
and fruit punch

A variety of milk  
choices are offered  
each day. White  
Skim, 1% white,  
1% chocolate