



Meet Your Nutritious Friend:  
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Strudel Or Dutch Waffle (funnel cake)  Assorted Cereals or Cereal Bar with Graham Crackers
4  Strawberry Pancakes  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	5 Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla)  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	6  Breakfast Sausage Pizza  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	7  French Toast Sticks With Syrup  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	8 Cinni Minis Or Dutch Waffle (Funnel Cake)  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk
11  Strawberry Pancakes  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	12  Egg & Cheese Croissant  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	13  Breakfast Sausage Pizza  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	14  French Toast Sticks with Syrup  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	15 Apple Strudel or Dutch Waffle (Funnel Cake)  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk
18  Strawberry Pancakes  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	19 Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla)  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	20  Breakfast Sausage Pizza  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	21  French Toast Sticks with Syrup  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	22 Cinni Minis Or Dutch Waffle (Funnel Cake)  Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk

**What is a Meal?**  
Students must choose at least 3 of the 4 components available for the school breakfast price.  
-Choice of Whole Grain  
-Choice of Protein  
-Choice of Fruit or Vegetable  
-Choice of Milk  
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereal Bars (served with Goldfish)**  
Cinnamon Toast Crunch, Trix, Cocoa Puffs

**Whole Grain Cereals**  
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms

**Whole Grain Donuts**  
Powdered and Chocolate Coated

**Whole Grain Poptarts**  
Strawberry, Cinnamon and Chocolate Fudge

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free chocolate

**(V) Vegetarian**  
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

**(VG) Vegan**  
These items do not contain any animal products

**Your Team**

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**Meal Prices**

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00

