

DAILY CAFETERIA BREAKFAST MENU

"BUILD YOUR OWN BREAKFAST"

GRAIN CHOICE (PICK ONE)

- Assorted Whole Grain and Low Sugar Cereals
- Whole Grain Granola
- Whole Grain Banana or Zucchini Bread Slice
- Whole Grain Muffin
- Hot Oatmeal or Grits (when available)



FRUIT CHOICE (PICK ONE OR BOTH)

Included in ALL Breakfast

- 100 % Fruit Juice
- Assorted Fruit Choices



PROTEIN CHOICE (PICK ONE)

- Low Fat Yogurt (assorted flavors)
- Low Fat Cheese
- Sunflower Seeds



MILK CHOICE (PICK ONE)

- Low Fat Unflavored and Skim Flavored (Strawberry and Chocolate) Milk



FOR A COMPLETE BREAKFAST STUDENTS MUST HAVE
A MINIMUM OF 3 ITEMS (**INCLUDING A FRUIT CHOICE**)

ADDITIONAL BREAKFAST OFFERINGS

Hot Breakfast is offered daily in all our schools!

All Hot Breakfast offerings are a minimum of 2 Items and include Fruit & Milk Choices.