

Studies show that students that eat a well-balanced breakfast perform better in school.

We encourage all secondary students to visit our cafeteria in the morning.

The USDA has established guidelines for school breakfast

Students are encouraged to select a full cup of fruit.

We offer at least four items daily and students can select 3 or 4 items to build a meal.

Food item Components consist of, Grain/Meat, Fruit, Vegetable and Milk.

For a complete meal we encourage a fruit or vegetable to be selected.

Each day we offer a variety in the categories of Fruits, vegetables, grains/meat (meat alternatives) & milk flavors (fat free & 1%)

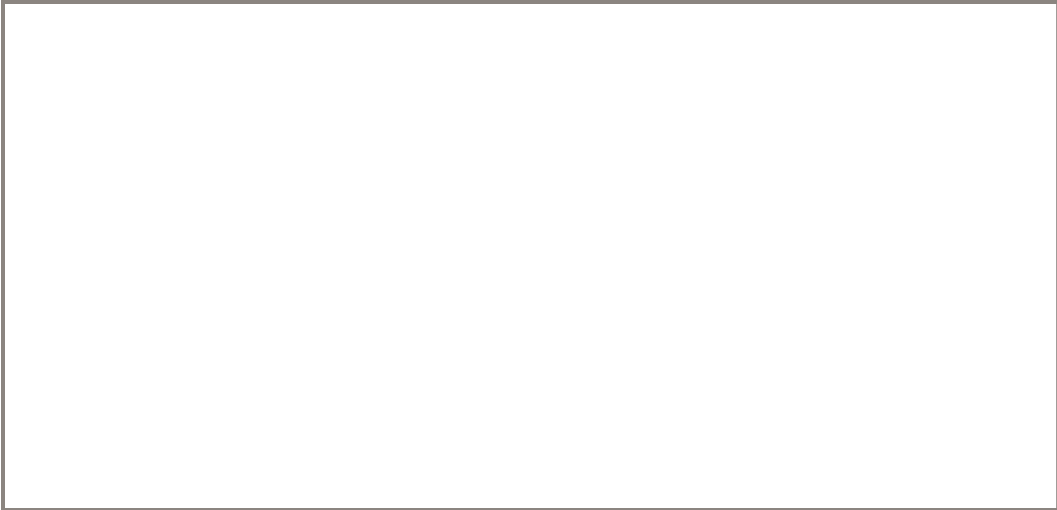
Please see the chart below the menu for reference.

Breakfast Menu

May we suggest...

Monday	Tuesday	Wednesday	Thursday	Friday
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Week 1



White 1%	=	1 item
White Fat Free	=	1 item
Chocolate Fat Free	=	1 item
Strawberry Fat Free	=	1 item

Butter	=	0 items
Cream Cheese	=	0 items
Syrup	=	0 items