

BREAKFAST 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
Special of the day 3 French toast Sticks=2	Special of the day Egg & cheese Crossant=2	Special of the day Breakfast pizza=2	Special of the day Cinnamon Roll=1	Special of the day 2 pancakes=2
Or	Or	Or	Or	Or
Choose 1 or 2 Of the following	Choose 1 or 2 Of the following	Choose 1 or 2 Of the following	Choose 1 or 2 Of the following	Choose 1 or 2 Of the following
Muffin various=1 Pop tart=1 Low fat string cheese=1 Mini Cinnamon Donuts=1 Cereal=1 Cottage cheese cup=1	Muffin various=1 Pop tart=1 Low fat string cheese=1 Mini Cinn. Donuts=1 Cereal=1 Cottage cheese cup=1	Muffin various=1 Pop tart=1 Low fat string cheese=1 Mini Cinn. Donuts=1 Cereal=1 Cottage cheese cup=1	Muffin various=1 Pop tart =1 Low fat string cheese=1 Mini Cinn. Donuts=1 Cereal=1 Cottage cheese cup=1	Muffin various=1 Pop tart=1 Low fat string cheese=1 Mini Cinn. Donuts=1 Cereal=1 Cottage cheese cup=1
Choose 1 or 2 May only take 1 juice	Choose 1 or 2 May only take 1 juice	Choose 1 or 2 May only take 1 juice	Choose 1 or 2 May only take 1 juice	Choose 1 or 2 May only take 1 juice
Various fruit cups Apple, banana, orange Apple sauce cup Apple or Orange Juice	Various cups Apple, banana, orange Applesauce Apple or Orange Juice	Various Fruit cups Apple, banana, orange Applesauce Apple or Orange Juice	Various fruit cups Apple, banana, orange Applesauce Apple or Orange Juice	Various fruit cups Apple, banana, orange Applesauce Apple or Orange Juice
Choose 1 1% Milk Skim Milk	Choose 1 1% Milk Skim Milk	Choose 1 1% Milk Skim Milk	Choose 1 1% Milk Skim Milk	Choose 1 1% Milk Skim Milk

May take 5 items **Must** take 3 items **1** needs to be a **Fruit**
 When taking the Grain or Protein you may only take one of each kind. Example not 2 muffins.