

BREAKFAST 2020-2021

Monday	Tuesday	Wednesday	Thursday	Friday
Special of the day Sausage& cheese Pancake Sandwich=2 Or Choose 1or 2 Muffin=1 Pop tart=1 lowfat string cheese=1 Mini Cinnamon Donuts=1 Yogurt =1 Cereal=1 Choose 1or2 May only take 1 juice	Special of the day 3 french toast sticks=2 Or Choose 1or 2 Muffin=1 Pop tart=1 lowfat string cheese=1 MiniCinnamonDonuts=1 Yogurt=1 Cereal=1 Choose 1or2 May only take 1 juice	Special of the day Breakfast pizza=2 Or Choose 1or 2 Muffin=1 Pop tart=1 lowfat string cheese=1 MiniCinnamon Donuts=1 Yogurt=1 Cereal=1 Choose 1or2 May only take 1 juice	Special of the day Cinnamon Roll=1/ hardboild egg=1 Or Choose 1or 2 Muffin=1 Pop tart =1 MiniCinnamonDonuts=1 Yogurt=1 Cereal=1 Choose 1or2 May only take 1 juice	Special of the day Mini strwbrry cream cheese bagels=2 Or Choose 1or 2 Muffin=1 Pop tart=1 lowfat string cheese=1 MiniCinnamonDonuts=1 Yogurt=1 Cereal=1 Choose 1or2 May only take 1 juice
Peach or Strawberry cup Banana Apple or orange Apple or Orange Juice Choose 1 1% Milk Skim Milk Skim Chocolate Milk	Peach or Strawberry cup grapes Apple or orange Apple or Orange Juice Choose 1 1% Milk Skim Milk Skim Chocolate Milk	Peach or Strawberry cup banana Apple or orange Apple or Orange Juice Choose 1 1% Milk Skim Milk Skim Chocolate Milk	Peach or Strawberry cup grapes Apple or orange Apple or Orange Juice Choose 1 1% Milk Skim Milk Skim Chocolate Milk	Peach or Strawberry cup banana Apple or orange Apple or Orange Juice Choose 1 1% Milk Skim Milk Skim Chocolate Milk

May take 4 items **Must** take 3 items **1** needs to be at **Fruit**
When taking the Grain or Protein you may only take one of each kind. Example not 2 muffins.