

# Salem High School Breakfast Menu : JANUARY

## MONDAY

1/1

No School: No breakfast Served



1/8

Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/15

Schools Closed: No  
lunch Served

1/22

Choice of:  
Assorted Cereals  
Egg & Cheese Stuffed  
Hashbrown  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/29

Choice of:  
Assorted Cereals  
Egg & Cheese Stuffed  
Hashbrown  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## TUESDAY

1/2

No School: No breakfast Served

1/8

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin , Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/16

Choice of:  
Assorted Cereals  
Egg & Cheese Stuffed  
Hashbrown  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/23

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/30

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## WEDNESDAY

1/3

Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/9

Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/17

Choice of:  
Whole Grain Bagel with  
Cream Cheese  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/24

Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/31

Choice of:  
Whole Grain Bubble  
Bread  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

## THURSDAY

1/5

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin , Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/10

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/18

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/25

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

2/1

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## FRIDAY

1/6

Choice of:  
Bubble Bread  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/11

Choice of:  
Whole Grain Cinnamon  
Roll  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/19

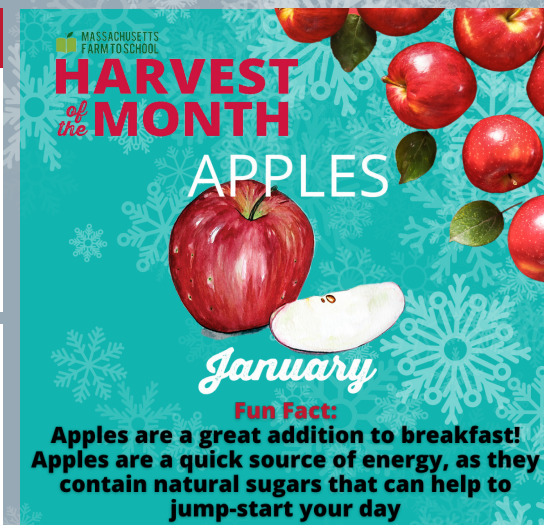
Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/26

Choice of:  
Whole Grain Apple Pastry  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

2/2

Choice of:  
Whole Grain Muffin  
Egg & Cheese Stuffed  
Hashbrown  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk



### Breakfast Benefit:

By eating breakfast, students get more  
important nutrients, vitamins and  
minerals such as calcium, dietary fiber,  
folate and protein.

### The 3 Components of School Breakfast



Students must choose at least 3 items  
(including ½ cup fruit and/or vegetable)

### Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



### Milks Offered Daily

Skim Milk: >0.5% Fat  
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.



# Collins Middle School Breakfast Menu: JANUARY

## MONDAY

1/1

No School: No breakfast Served



1/8

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/15

Schools Closed: No  
lunch Served

1/22

Choice of:  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/29

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

## TUESDAY

1/2

No School: No breakfast Served

1/8

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin , Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/16

Choice of:  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/23

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/30

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## WEDNESDAY

1/3

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/9

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/17

Choice of:  
Whole Grain Bagel with  
Cream Cheese  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/24

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/31

Choice of:  
Whole Grain Bubble  
Bread  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

## THURSDAY

1/5

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin , Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/10

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/18

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/25

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

2/1

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## FRIDAY

1/6

Choice of:  
Bubble Bread  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/11

Choice of:  
Whole Grain Cinnamon  
Roll  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/19

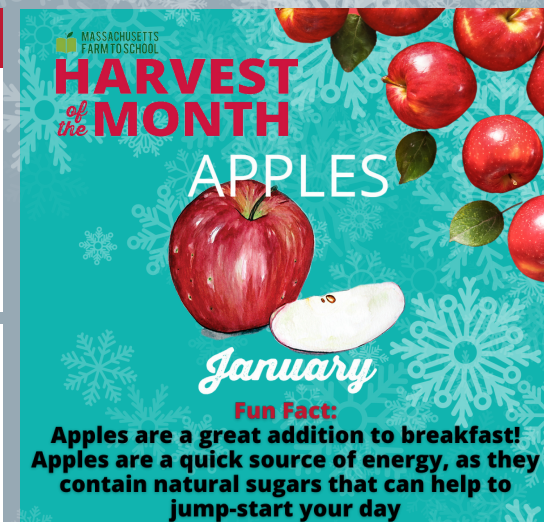
Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/26

Choice of:  
Whole Grain Apple Pastry  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

2/2

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk



### Breakfast Benefit:

By eating breakfast, students get more important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

### The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)

### Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



### Milks Offered Daily

Skim Milk: >0.5% Fat  
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.





# Pre-K, ECC, & Pathways Breakfast Menu : JANUARY

## MONDAY

**1/1**

No School: No breakfast Served

**2024**

HAPPY NEW YEAR

**1/8**

Whole Grain Low Sugar  
Rice Chex  
Diced Peaches  
Assorted Fruit  
Juice  
Milk

**1/15**

Schools Closed: No  
lunch Served

**1/22**

Choice of:  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

**1/29**

## TUESDAY

**1/2**

No School: No breakfast Served

**1/8**

Whole Grain Low Sugar  
Cheerios  
Banana  
Assorted Fruit  
Juice  
Milk

**1/16**

Choice of:  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

**1/23**

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

**1/30**

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## WEDNESDAY

**1/3**

Whole Grain Low Sugar  
Cheerios  
Peach  
Assorted Fruit  
Juice, Milk

**1/9**

Whole Grain Low Sugar  
Cinnamon Toast Crunch  
Orange Slices  
Assorted Fruit  
Juice  
Milk

**1/17**

Choice of:  
Whole Grain Bagel with  
Cream Cheese  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

**1/24**

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

**1/31**

Choice of:  
Whole Grain Bubble  
Bread  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

## THURSDAY

**1/5**

Whole Grain Low Sugar  
Frosted Mini Wheats  
Apple Slices  
Assorted Fruit  
Juice  
Milk

**1/10**

Whole Grain Blueberry  
Muffin  
Apple Slices  
Assorted Fruit  
Juice  
Milk

**1/18**

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

**1/25**

Choice of:  
Sausage Egg and Cheese  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

**2/1**

Choice of:  
Sausage Egg and Cheese  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## FRIDAY

**1/6**

Assorted Whole Grain,  
Low Sugar Cereals  
Assorted Fruit  
Juice  
Milk

**1/11**

Assorted Whole Grain,  
Low Sugar Cereals  
Assorted Fruit  
Juice  
Milk

**1/19**

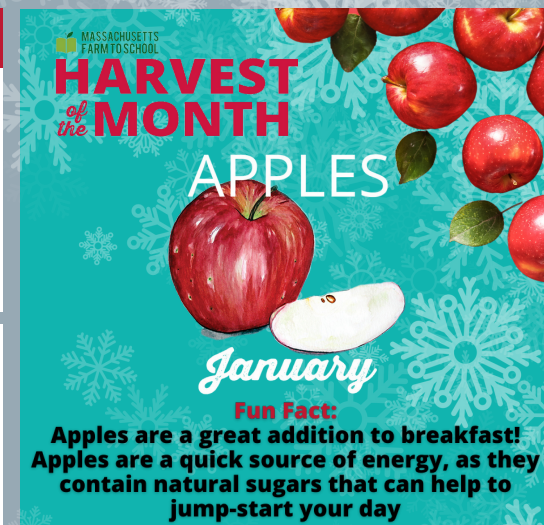
Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

**1/26**

Choice of:  
Whole Grain Apple  
Pastry  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

**2/2**

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk



### Breakfast Benefit:

By eating breakfast, students get more important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

### The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)

### Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



### Milks Offered Daily

Skim Milk: >0.5% Fat  
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.



# New Liberty & Prep Breakfast Menu : JANUARY

## MONDAY

1/1

No School: No Breakfast Served



1/8

Choice of:  
Whole Grain Muffin  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/ Milk

1/15

Schools Closed: No  
Breakfast Served

1/22

Choice of:  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/29

**Daily Vegetarian Grab and Go Lunch Options:**  
Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

## TUESDAY

1/2

No School: No Breakfast Served

1/8

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat English  
Muffin , Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/16

Choice of:  
Assorted **Cereals**  
Breakfast Bar  
Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/23

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/30

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat  
Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## WEDNESDAY

1/3

Choice of:  
Whole Grain **Muffin**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/9

Choice of:  
Whole Grain **Muffin**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/17

Choice of:  
Whole Grain **Bagel** with  
Cream Cheese  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/24

Choice of:  
Whole Grain **Muffin**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/31

Choice of:  
Whole Grain **Bubble Bread**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

## THURSDAY

1/5

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat  
English Muffin,  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/10

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/18

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

1/25

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat Croissant  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

2/1

Choice of:  
**Sausage Egg and Cheese**  
on whole wheat English  
Muffin, Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice, Milk

## FRIDAY

1/6

Choice of:  
**Bubble Bread**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/11

Choice of:  
**Whole Grain Cinnamon Roll**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/19

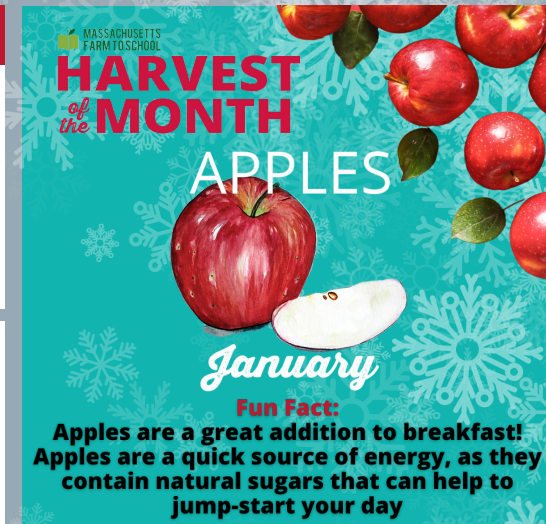
Choice of:  
Whole Grain **Muffin**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

1/26

Choice of:  
Whole Grain Apple Pastry  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk

2/2

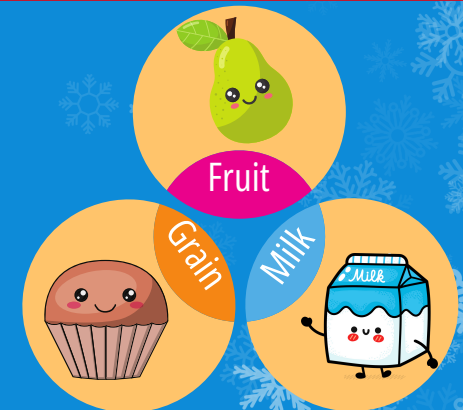
Choice of:  
Whole Grain **Muffin**  
Assorted Cereals  
Breakfast Bar Variety  
Yogurt Parfait  
Assorted Fruit  
Juice/Milk



### Breakfast Benefit:

By eating breakfast, students get more important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

### The 3 Components of School Breakfast



Students must choose at least 3 items (including ½ cup fruit and/or vegetable)



**Milks Offered Daily**  
Skim Milk: >0.5% Fat  
1% Milk: 1% Fat



Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.



# Elementary School Breakfast Menu : JANUARY

## MONDAY

1/1

No School: No breakfast Served



1/8

Whole Grain Low Sugar  
**Cocoa Puffs**  
Graham Cracker  
Pear  
Assorted Fruit  
Juice  
Milk

1/15

Schools Closed: No  
lunch Served

1/22

Multigrain Cheerios  
Cheese Stick  
Apple  
Assorted Fruit  
Juice  
Milk

1/29

Whole Grain Low Sugar  
**Cinnamon Chex**  
Graham Cracker  
Applesauce  
Assorted Fruit  
Juice  
Milk

## TUESDAY

1/2

No School: No breakfast Served

1/8

Whole Grain **Cinnamon**  
**Roll**  
Plum  
Assorted Fruit  
Juice  
Milk

1/16

Whole Grain Low Sugar  
**Apple Jacks**  
Peach  
Assorted Fruit  
Juice  
Milk

1/23

Whole Grain **Blueberry**  
**Muffin**  
Banana  
Assorted Fruit  
Juice  
Milk

1/30

Whole Grain Low Sugar  
**Frosted Flakes**  
Graham Cracker  
Applesauce  
Assorted Fruit  
Juice  
Milk

## WEDNESDAY

1/3

Whole Grain Low Sugar  
**Apple Cinnamon**  
**Cheerios**  
Graham Cracker  
Apple  
Assorted Fruit  
Juice, Milk

1/9

Whole Grain Mini Low  
Sugar **Frosted Mini**  
**Wheat**  
Graham Cracker  
Banana  
Assorted Fruit  
Juice  
Milk

1/17

Whole Grain **Bagel** with  
Cream Cheese  
Pear  
Assorted Fruit  
Juice, Milk

1/24

Whole Grain Low Sugar  
**Cinnamon Roll**  
Orange Wedges  
Assorted Fruit  
Juice  
Milk

1/31

Whole Grain **Corn Muffin**  
Apple Slices  
Assorted Fruit  
Juice  
Milk

## THURSDAY

1/5

Whole Grain **Bubble**  
**Bread**  
Banana  
Assorted Fruit  
Juice  
Milk

1/10

Whole Grain **Blueberry**  
**Muffin**  
Orange Wedges  
Assorted Fruit  
Juice  
Milk

1/18

Whole Grain Low Sugar  
**Apple Roll Pastry**  
Mandarin Orange  
Assorted Fruit  
Juice  
Milk

1/25

Whole Grain Low Sugar  
**Cocoa Puffs**  
Graham Cracker  
Banana  
Assorted Fruit  
Juice  
Milk

2/1

Whole Grain **Bagel with**  
**Cream Cheese**  
Pear  
Assorted Fruit  
Juice, Milk

## FRIDAY

1/6

Assorted Whole Grain,  
Low Sugar **Cereals**  
Assorted Fruit  
Juice  
Milk

1/11

Assorted Whole Grain,  
Low Sugar **Cereals**  
Assorted Fruit  
Juice  
Milk

1/19

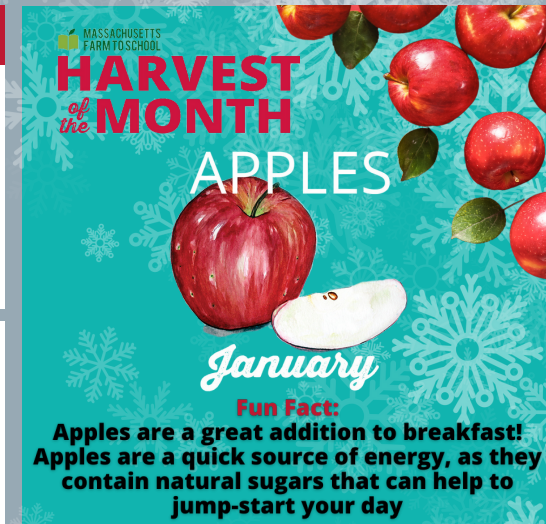
Assorted Whole Grain,  
Low Sugar **Cereals**  
Assorted Fruit  
Juice  
Milk

1/26

Assorted Whole Grain,  
Low Sugar **Cereals**  
Assorted Fruit  
Juice  
Milk

2/2

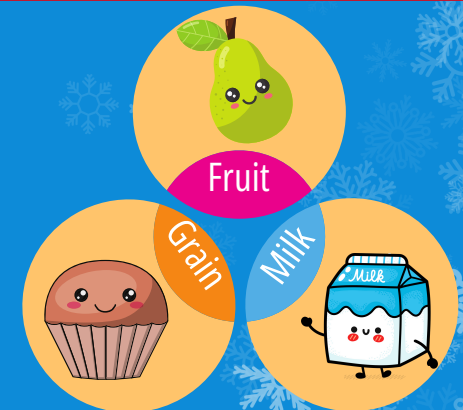
Assorted Whole Grain,  
Low Sugar **Cereals**  
Assorted Fruit  
Juice  
Milk



### Breakfast Benefit:

By eating breakfast, students get more  
important nutrients, vitamins and  
minerals such as calcium, dietary fiber,  
folate and protein.

### The 3 Components of School Breakfast



Students must choose at least 3 items  
(including ½ cup fruit and/or vegetable)

### Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V  
Yogurt and Granola Grab and Go  
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



**Milks Offered Daily**  
Skim Milk: >0.5% Fat  
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider. Menu subject to change.

