

Breakfast Menu Served Daily

Breakfast Sandwich

2oz. Whole Wheat Croissant
1.25 oz. Egg
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch or
Honey Nut Cheerios or 1cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Fresh Fruit Salad

1 ¼ Cup Cut up Fruit
1 oz. Cheese Stick
2oz. Whole Wheat Croissant
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
2oz. Sun Butter
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain Fat Free Yogurt 4oz.
Strawberries 1 cup
Organic Granola 2oz
1% or Fat Free Flavored Milk