



**Meet Your Nutritious Friend:  
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Non-Attendance Day	2 Non-Attendance Day	3 No School
6 No School	7 WG Reduced Sugar Cinnamon Toast Crunch  100% Fruit Juice Apple 1% or Fat-Free Milk	8 WG Blueberry Mini Loaf WG Vanilla Wafers  100% Fruit Juice Apple 1% or Fat-Free Milk	9 WG Banana Bread Slice  100% Fruit Juice Apple 1% or Fat-Free Milk	10 WG UBR Cinnamon Bar  100% Fruit Juice Apple 1% or Fat-Free Milk
13 Non-Attendance Day	14 WG Reduced Sugar Cocoa Puffs WG Graham Crackers  100% Fruit Juice Apple 1% or Fat-Free Milk	15 WG Apple Cinnamon Cheerios WG Scooby Snacks  100% Fruit Juice Apple 1% or Fat-Free Milk	16 WG Apple Fritter  100% Fruit Juice Apple 1% or Fat-Free Milk	17 WG Corn Chex WG Cheez-Its  100% Fruit Juice Apple 1% or Fat-Free Milk
20 WG Strawberry Nutri Grain Bar WG Vanilla Fish  100% Fruit Juice Apple 1% or Fat-Free Milk	21 WG Golden Grahams WG Pretzel Goldfish  100% Fruit Juice Apple 1% or Fat-Free Milk	22 WG Blueberry Lemon Bites WG Graham Crackers  100% Fruit Juice Apple 1% or Fat-Free Milk	23 WG Banana Muffin WG Granola Crispy Bites  100% Fruit Juice Apple 1% or Fat-Free Milk	24 WG Blueberry Donut Holes  100% Fruit Juice Apple 1% or Fat-Free Milk
27 Strawberry Yogurt WG Graham Crackers  100% Fruit Juice Apple 1% or Fat-Free Milk	28 WG Reduced Sugar Cocoa Puffs WG Berry Animal Crackers  100% Fruit Juice Apple 1% or Fat-Free Milk	29 WG Chocolate Chip Mini Loaf WG Cinnamon Fish  100% Fruit Juice Apple 1% or Fat-Free Milk	30 WG Apple Cinnamon Muffin WG Annie's Bunnies  100% Fruit Juice Apple 1% or Fat-Free Milk	

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.

Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries.

**Whole Grain Cereals May Include:**  
Cinnamon Toast Crunch Reduced Sugar, Trix Reduced Sugar, Cocoa Puffs Reduced Sugar, Kix Reduced Sugar, Cheerios

**Fruit Options May Include:**  
Apple, 100% Fruit Juice

**Choice of Milk**  
1% white, fat-free white

**Breakfast At The Door**  
Breakfast bags to include breakfast items featured on the left.

**\*Free breakfast & lunch available to all students when school is in session.**

Jenny Patterson: General Manager  
Jean Viglione: Registered Dietitian  
Suzanne Robertson: Operations Manager  
Jess Kremer: Executive Chef

Lisa Kaschak: Culinary Center Kitchen Manager  
**Phone: 814-874-6885**  
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