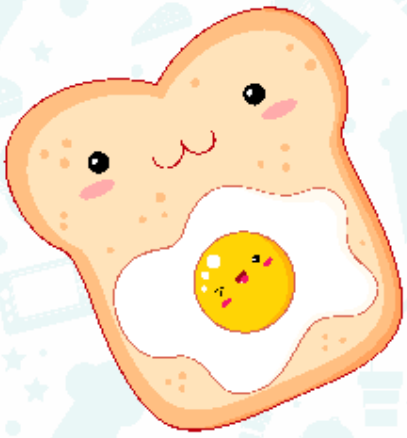

# BREAKFAST TIME

## DiPaolo Cafe

**Free Breakfast and Lunch Available to All Students when School is in Session**

## MONDAY – FRIDAY

## 7:30 a.m. – 8:15 a.m.

CREATE YOUR OWN COMBOS

### Hot Breakfast Sandwich Combo

Your Choice of Egg & Cheese or Sausage, Egg & Cheese WG Breakfast Bagel
Served with Choice of Fruit or Vegetable (must take at least ½ cup, may select 2)
and Choice of Milk: 1% White, Fat-Free White or Fat-Free Chocolate

### Homemade Fruit Smoothie Combo

This is a complete meal in a glass. However, you may add your choice of 1 single grain.

### Continental Breakfast Combo

**Breakfast Grains**: You must select at least 1 portion from this area. However, you may select up to 2 portions.
**Juice or Fruit**: You must select at least 1 portion from this area. However, you may select to 2, but only 1 can be a juice.
**Milk**: You may choose 1 milk - 1% White, Fat-Free White or Fat-Free Chocolate

**Whole Grains that Count as 1 Portion**

| | | | |
|---|---|---|---|
| Cereal | Muffin | Animal Crackers | Nutri-Grain Bar |
| Mini Loaf | Chat Snacks | Annie's Bunnies | Crispy Bites |
| Cheez-Its | Belly Bears | Vanilla Wafers | Goldfish |
| Donuts | Scooby Snacks | Lemon Blueberry Bites | |

**Whole Grains that Count as 2 Portions**

| | | | |
|---|---|---|---|
| Cinnaminis | Apple Frudel | UBR Rounds | Waffle Snaps |
| Cinnamon Roll | Bagel | Donut Hole Cup | |

What is a Meal: You must choose at least 3 of the 4 components available for a complete school breakfast. Choice of whole grain or grain/protein; choice of fruit or vegetable (must take at least a ½ cup) and choice of milk.

Whole Grain Cereal Selection May Include: Reduced-Sugar Cinnamon Toast Crunch, Reduced-Sugar Trix, Reduced-Sugar Cocoa Puffs, Cheerios, Rice Chex, Cinnamon Chex, or Rice Krispies

Whole Grain Pastries & Crackers May Include: Assorted Muffins & Mini Loaves,
Assorted Nutri-Grain Bars, Cheez-Its, Scooby Snacks, Waffle Snaps, Annie's Bunnies, Cinna Minis, Chat Snacks, Berry Animal Crackers, Cinnamon Bites, Vanilla Wafers, UBR Rounds, Granola
Crispy Bites, Lemon Blueberry Bites, Apple Frudel, Belly Bears, or Doughnuts.

Fruit May Include: Canned peaches, applesauce, pears, pineapple, fruit cocktail,
Mandarin oranges, 100% juice (apple, orange, berry), apples, bananas, and oranges

**Menu subject to change based on availability. USDA is an equal opportunity provider and employer.**