



**Meet Your Nutritious Friend:
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 WG Reduced Sugar Cocoa Puffs WG Graham Cracker 100% Fruit Juice Apple 1% or Skim Milk	2 WG Blueberry Mini Loaf WG Scooby Snacks 100% Fruit Juice Apple 1% or Skim Milk	3 WG Apple Fritter 100% Fruit Juice Apple 1% or Skim Milk	4 WG Corn Chex WG Cheez-It's 100% Fruit Juice Apple 1% or Skim Milk	<p>What is a Meal? You must choose at least 3 of the 4 components available for the school breakfast price.</p> <p>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.</p> <p>Whole Grain Cereals May Include: Cinnamon Toast Crunch Reduced Sugar, Trix Reduced Sugar, Cocoa Puffs Reduced Sugar, Kix Reduced Sugar, Cheerios, Froot Loops Reduced Sugar</p> <p>Fruit Options May Include: Apple, 100% Fruit Juice</p> <p>Choice of Milk 1% white, fat-free white</p> <p>Breakfast At The Door Breakfast bags to include breakfast items featured on the left.</p> <p>*Free breakfast & lunch available to all students when school is in session.</p>
7 WG Reduced Apple Jacks WG Vanilla Fish 100% Fruit Juice Apple 1% or Skim Milk	8 WG Golden Grahams WG Pretzel Goldfish 100% Fruit Juice Apple 1% or Skim Milk	9 WG Blueberry Lemon Bites WG Graham Cracker 100% Fruit Juice Apple 1% or Skim Milk	10 WG Banana Muffin WG Granola Crispy Bites 100% Fruit Juice Apple 1% or Skim Milk	11 WG Blueberry Donut Holes 100% Fruit Juice Apple 1% or Skim Milk	
14 Non-Attendance Day	15 Non-Attendance Day	16 Non-Attendance Day	17 Non-Attendance Day	18 No School	
21 No School	22 WG Reduced Sugar Cocoa Puffs WG Berry Animal Crackers 100% Fruit Juice Apple 1% or Skim Milk	23 WG Orange Mini Loaf WG Cinnamon Fish 100% Fruit Juice Apple 1% or Skim Milk	24 WG Apple Cinnamon Muffin WG Annie's Bunnies 100% Fruit Juice Apple 1% or Skim Milk	25 WG Banana Chocolate Oatmeal Round 100% Fruit Juice Apple 1% or Skim Milk	
28 WG Reduced Sugar Trix WG Chat Snax 100% Fruit Juice Apple 1% or Skim Milk	29 WG Reduced Sugar Cinnamon Toast Crunch WG Mini Vanilla Wafers 100% Fruit Juice Apple 1% or Skim Milk	30 WG Apple Nutri Grain Bar WG Cheddar Goldfish 100% Fruit Juice Apple 1% or Skim Milk			
Jenny Johns Patterson: General Manager Jean Viglione: Registered Dietitian Suzanne Robertson: Café Services Manager Jess Kremer: Executive Chef			Phone: 814-874-6885 Fax: 814-874-6889		

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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.