



**Meet Your Nutritious Friends:
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Non-Attendance Day	3 WG Cinn Toast Crunch WG Mini Vanilla Wafers 100% Fruit Juice Apple 1% or Fat-Free White Milk	4 WG Cinn Crispy Bites WG Strawberry Bar 100% Fruit Juice Apple 1% or Fat-Free White Milk	5 WG Cinnamon Roll 100% Fruit Juice Apple 1% or Fat-Free White Milk	6 WG UBR Bar 100% Fruit Juice Apple 1% or Fat-Free White 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>
9 WG Cocoa Puffs WG Scooby Snacks 100% Fruit Juice Apple 1% or Fat-Free White Milk	10 WG Froot Loops WG Bug Bites 100% Fruit Juice Apple 1% or Fat-Free White Milk	11 WG Blueberry Lemon Bites WG Chocolate Bear 100% Fruit Juice Apple 1% or Fat-Free White Milk	12 WG Chocolate Chip Waffle Snaps 100% Fruit Juice Apple 1% or Fat-Free White Milk	13 WG Blueberry Muffin WG Cheez-It's 100% Fruit Juice Apple 1% or Fat-Free White Milk	
16 WG Cinn Toast Crunch WG Belly Bears 100% Fruit Juice Apple 1% or Fat-Free White Milk	17 WG Cinnamon Chex WG Cheez-It's 100% Fruit Juice Apple 1% or Fat-Free White Milk	18 WG Cocoa Puffs WG Graham Cracker 100% Fruit Juice Apple 1% or Fat-Free White Milk	19 WG Blueberry Mini Loaf WG Cocoa Crispy Bites 100% Fruit Juice Apple 1% or Fat-Free White Milk	20 WG Banana Mini Loaf WG Goldfish 100% Fruit Juice Apple 1% or Fat-Free White Milk	
23 WG Apple Cinnamon Cheerios WG Honey Belly Bear 100% Fruit Juice Apple 1% or Fat-Free White Milk	24 WG Reduced Sugar Cocoa Puffs WG Graham Cracker 100% Fruit Juice Apple 1% or Fat-Free White Milk	25 WG Blueberry Mini Loaf WG Scooby Snacks 100% Fruit Juice Apple 1% or Fat-Free White Milk	26 WG Apple Fritter 100% Fruit Juice Apple 1% or Fat-Free White Milk	27 Non-Attendance Day	
30 Non-Attendance Day					

Jenny Johns Patterson: General Manager Shawn Leh: Chef Manager
Jean Viglione: Registered Dietitian
Suzanne Robertson: Café Services Manager **Phone: 814-874-6885**
Jess Kremer: Chef Manager **Fax: 814-874-6889**

