



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Whole Grain Items 100% Fruit Juice Apple 1% or Fat-Free Milk	2 Assorted Whole Grain Items 100% Fruit Juice Apple 1% or Fat-Free Milk	3 Assorted Whole Grain Items 100% Fruit Juice Apple 1% or Fat-Free Milk	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

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
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