



**Meet Your Nutritious Friend:
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>WG Banana Mini Loaf WG Honey Belly Bears</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>3</p> <p>WG Reduced Sugar Cocoa Puffs WG Graham Crackers</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>4</p> <p>WG Apple Cinnamon Cheerios WG Scooby Snacks</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>5</p> <p>WG Apple Fritter</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>6</p> <p>WG Corn Chex WG Cheez-Its</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>
<p>9</p> <p>WG Strawberry Nutri Grain Bar WG Vanilla Fish</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>10</p> <p>WG Golden Grahams WG Pretzel Goldfish</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>11</p> <p>WG Blueberry Lemon Bites WG Graham Crackers</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>12</p> <p>WG Banana Muffin WG Granola Crispy Bites</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>13</p> <p>WG Blueberry Donut Holes</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>
<p>16</p> <p>Strawberry Yogurt WG Graham Crackers</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>17</p> <p>WG Reduced Sugar Cocoa Puffs WG Berry Animal Crackers</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>18</p> <p>WG Chocolate Chip Mini Loaf WG Cinnamon Fish</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>19</p> <p>WG Apple Cinnamon Muffin WG Annie's Bunnies</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>20</p> <p>WG Banana Chocolate Oatmeal Round</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>
<p>23</p> <p>WG Reduced Sugar Trix WG Chat Snax</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>24</p> <p>WG Reduced Sugar Cinnamon Toast Crunch</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>25</p> <p>WG Cheerios WG Mini Cocoa Crispy Bites</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>26</p> <p>WG Blueberry Muffin WG Cheez-It's</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>	<p>27</p> <p>WG UBR Oatmeal Chip Bar</p> <p>100% Fruit Juice Apple 1% or Fat-Free Milk</p>
<p>30</p> <p>Non-Attendance Day</p>	<p>31</p> <p>Non-Attendance Day</p>			

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
Fax: 814-874-6889

