

CHEF'S SPECIALS

Includes Hot Entrée, Choice of Fruit, Juice, and Milk

WEEK 1

Monday: **Savory Sausage Breakfast Pizza**
 Tuesday: **Toasted Biscuit with Sausage Gravy**
 Wednesday: **Hot Golden Pancakes**
 Thursday: **Scrambled Eggs & Cheese with Soft Flour Tortilla**
 Friday: **Warm Toasted Waffles**

WEEK 2

Monday: **Hot Pancake Sausage on a Stick**
 Tuesday: **Fresh Baked Cinnamon Roll**
 Wednesday: **Cinnamon French Toast Sticks**
 Thursday: **Scrumptious Coffee Cake**
 Friday: **Deluxe Latin Breakfast Bake**

GOOD TO GO

Includes Hot Entrée, Choice of Fruit, Juice, and Milk

Rotating Entree Choices

Breakfast Burrito • Bagel Sandwich
 English Muffinwich • Biscuit Sandwich
 Ultimate Breakfast Round • Cereal • Pop Tart
 Oatmeal • Smoothie Bowl

Fresh Fruit, Yogurt and Granola Parfaits served Daily – \$2.50

Build a Healthy Plate

Make half your plate fruits and vegetables.
 Make at least half your grains, whole grains.
 Vary your protein choices.
 Switch to skim or 1% milk.

For more information go to www.choosemyplate.gov

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)

A complete breakfast meal consists of fruit and two of the three available options:

- Grains
- Protein
- ½ Pint Milk

Breakfast Prices

Student	\$1.35
Reduced	\$0.00
Adult	\$2.10

Interested in receiving monthly *Nutritional News* via e-mail?
 Email the FSD and put **Nutrition News** in the subject line

All grain products served are whole grain-rich.