

2

Assorted Cereal
Cheese Stick or Cracker

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

3

Mini Bagels with
Cream Cheese

Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

4

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

5

Benefit Bar

Assorted Cereal
Yogurt
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

9

Assorted Muffins

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

10

Strawberry Puff Pastry

Cereal Assortment
Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11

Bagel with Cream
Cheese

Yogurt
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13

No School

Staff
Development
Day

16

Assorted Cereal

Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

17

Hard Cooked Egg
Cheese Stick or
Cracker

Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18

Benefit Bar

Cereal Assortment
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19

Strawberry Puff
Pastry

Yogurt
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20

Assorted Cereal

Cheese Stick
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

No School, Winter Break

CHALLENGE YOURSELF:

KEEP ACTIVE
+ WALK MORE
+ ALL DAY

= A STRONG & FIT YOU

**Start your day off right with a
Healthy, Balanced breakfast!**