

1
Strawberry Puff Pastry

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

2
Bagel with Cream Cheese

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

3
Assorted Cereal

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

4
Hard Cooked Egg

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

7
Assorted Cereal

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

8
Hard Cooked Egg
Cheese Stick or Cracker
Cereal Assortment
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

9
Benefit Bar
Cereal Assortment
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

10
Strawberry Puff Pastry
Yogurt
Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

11
No School

14
Assorted Cereal
Graham Crackers

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

15
Strawberry Puff Pastry
Assorted Cereal

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

16
Fresh Baked Cinnamon Roll
Cheese Stick
Fresh Fruit or
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

17
Assorted Muffins
Yogurt

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

18
Assorted Cereal
Scooby Crackers

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

21
Assorted cereal

Cheese Stick

Fresh Fruit or 100% Juice, Choice of 1% unflavored Milk or Unflavored Skim Milk

22
Assorted Muffins

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

23
Benefit Bar
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

24
Hard Cooked Egg
Cheese Stick or Cracker
Assorted Cereal
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25
Assorted Cereal

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

28
Assorted Cereal
Cheese Stick or Cracker

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

29
Mini Bagels with Cream Cheese

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

30
Assorted Cereal
Cheese Stick or Cracker
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

31
Benefit Bar
Assorted Cereal
Yogurt
Fresh Fruit
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

CHALLENGE YOURSELF:

KEEP ACTIVE

+ WALK MORE

+ ALL DAY

= A STRONG & FIT YOU

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