



1
Egg & Cheese Slider
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

4
Apple Frudel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

5
Mini Strawberry Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

6
Yogurt
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

7
Mini Confetti Pancakes
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

8
No School

11
Pancake Wrap
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

12
Benefit Bar
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

13
Golden Graham Cereal Bar
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

14
Cinnamon Cream Cheese Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

15
Fiesta Egg & Cheese Sandwich
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

18
Cinnamon UBR
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

19
Fruity Cheerios
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

20
Cinnamon Cream Cheese Bagel
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

21
Cocoa Puffs
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

22
Maple Mini waffle
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

25
Trix Breakfast Bar
Fresh Fruit or Craisins
Choice of 1%
unflavored Milk or
Unflavored Skim Milk

26
Pancake Wrap
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

27
Benefit Bar
Fresh Fruit or Craisins
100% Fruit Juice
Choice of
1% Unflavored Milk
Unflavored Skim Milk

28
Cinnamon Toast Crunch
Fresh Fruit or Craisins
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!**