



**Meet Your Nutritious Friend:  
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>Bagel with Cream Cheese</p> <p>Assorted Cereals with Graham Crackers</p>	<p>1</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>2</p> <p>Blueberry Muffin with Graham Crackers</p> <p>Assorted Cereals with Graham Crackers</p>	<p>3</p> <p>Pancake &amp; Sausage Stick</p> <p>Assorted Cereals with Graham Crackers</p>	<p>4</p> <p>Mini Chocolate Donuts</p> <p>Assorted Cereals with Graham Crackers</p>	<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b></p> <p>Cinnamon Toast Crunch, Cocoa Puffs, Cheerios, Froot Loops, Frosted Flakes, Lucky Charms</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white or Fat Free chocolate,</p>
<p>7</p> <p>Glazed Dunkin Sticks</p> <p>Assorted Cereals with Graham Crackers</p>	<p>8</p> <p>Breakfast Pizza</p> <p>Assorted Cereals with Graham Crackers</p>	<p>9</p> <p>Fruit &amp; Yogurt Parfait</p> <p>Assorted Cereals with Graham Crackers</p>	<p>10</p> <p>Apple Frudel</p> <p>Assorted Cereals with Graham Crackers</p>	<p>11</p> <p>Banana Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>14</p> <p>Mini Powdered Donuts</p> <p>Assorted Cereals with Graham Crackers</p>	<p>15</p> <p>Cheese Omelet with English Muffin</p> <p>Assorted Cereals with Graham Crackers</p>	<p>16</p> <p>Bagel with Cream Cheese</p> <p>Assorted Cereals with Graham Crackers</p>	<p>17</p> <p>Chocolate Muffin with Low Fat Yogurt</p> <p>Assorted Cereals with Graham Crackers</p>	<p>18</p>	
<p>21</p>	<p>22</p> <p>Breakfast Pizza</p> <p>Assorted Cereals with Graham Crackers</p>	<p>23</p> <p>Fruit &amp; Yogurt Parfait</p> <p>Assorted Cereals with Graham Crackers</p>	<p>24</p> <p>Mini Cinni Roll</p> <p>Assorted Cereals with Graham Crackers</p>	<p>25</p> <p>Glazed Dunkin Sticks</p> <p>Assorted Cereals with Graham Crackers</p>	
<p>28</p> <p>Banana Bread</p> <p>Assorted Cereals with Graham Crackers</p>	<p>29</p> <p>Cheese Omelet with English Muffin</p> <p>Assorted Cereals with Graham Crackers</p>	<p>30</p> <p>Blueberry Muffin with Graham Crackers</p> <p>Assorted Cereals with Graham Crackers</p>			

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**Meal Prices**  
**BREAKFAST IS FREE**  
**FOR ALL STUDENTS!!**



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.