



Meet Your Nutritious Friends:  
The Seeds

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	 <p><b>What is a Meal?</b> You 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> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
		 Assorted Cereals with Graham Crackers	Mini Powered Donuts  Assorted Cereals with Graham Crackers	Bagel w/ Cream Cheese  Assorted Cereals with Graham Crackers	
9	10	11	12	13	
Cereal Bar w/ String Cheese  Assorted Cereals with Graham Crackers	Mini Maple Pancakes  Assorted Cereals with Graham Crackers	Chocolate Muffin Low Fat Yogurt  Assorted Cereals with Graham Crackers	Cheddar Cheese Omelet with Mini Bagel  Assorted Cereals with Graham Crackers	Assorted Pop Tarts  Assorted Cereals with Graham Crackers	
16	17	18	19	20	
Banana Bread  Assorted Cereals with Graham Crackers	Pizza Bagel  Assorted Cereals with Graham Crackers	Fruit and Yogurt Parfait  Assorted Cereals with Graham Crackers	Apple Strudel  Assorted Cereals with Graham Crackers	Blueberry Muffin  Assorted Cereals with Graham Crackers	
23	24	25	26	27	
Cereal Bar w/ String Cheese  Assorted Cereals with Graham Crackers	Mini Cinni Rolls  Assorted Cereals with Graham Crackers	Breakfast Banana Split  Assorted Cereals with Graham Crackers	Cheddar Cheese Omelet with Mini Bagel  Assorted Cereals with Graham Crackers	Chocolate Donut  Assorted Cereals with Graham Crackers	
30					
Assorted Cereals or Cereal Bar with Graham Crackers					

**Meal Prices**

Breakfast is FREE for all Students!!!  
Faculty Breakfast \$1.75



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