

Elementary Breakfast Food Components:

CHOOSE AT LEAST 3 ITEMS

MAKE SURE TO TAKE A FRUIT OR VEGETABLE.

Must have at least 1/2 cup of fruit or vegetable to count as a reimbursable breakfast meal.

Breakfast Meal: Includes main breakfast item=2 items or 2 main breakfast items =1 item each, with 1 cup fruit or vegetable and 8 oz milk. Only 1/2 cup of fruit per day may come from juice.

Holy Ghost Breakfast all students are FREE

Adult- \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Main Breakfast items = 2 items</i>				
<ul style="list-style-type: none"> • Cereal Bar and Cheese Stick 	<ul style="list-style-type: none"> • Doughnut and Cheese Stick 	<ul style="list-style-type: none"> • Mini Waffles 	<ul style="list-style-type: none"> • Cereal Bowl and GoGurt 	<ul style="list-style-type: none"> • Mini Cini
<ul style="list-style-type: none"> • Cereal Bowl and GoGurt 	<ul style="list-style-type: none"> • Mini Pancakes 	<ul style="list-style-type: none"> • Frudel 	<ul style="list-style-type: none"> • Mini Bagel 	<ul style="list-style-type: none"> • Muffin and GoGurt
<ul style="list-style-type: none"> • Mini Dounts 	<ul style="list-style-type: none"> • Muffin and GoGurt 	<ul style="list-style-type: none"> • Cereal Bowl and GoGurt 	<ul style="list-style-type: none"> • French Toast 	<ul style="list-style-type: none"> • Doughnut Hole and Cheese Stick
<i>Fruit and Vegetable items = 1 item</i>				
<i>Choose up to 2 items</i>				
<i>Maximum 1/2 cup of juice per day = 1 item</i>				
<ul style="list-style-type: none"> • Cup of Juice • Cup of Fruit • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Cup of Fruit • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Cup of Fruit • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Cup of Fruit • Fruit of the day 	<ul style="list-style-type: none"> • Cup of Juice • Cup of Fruit • Fruit of the day
<i>Carton of Milk = 1 item</i>				
<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk 	<ul style="list-style-type: none"> • Carton of Milk