



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes Assorted Cereal Bars with Graham Crackers	3 Chocolate Chip French Toast Assorted Cereal Bars with Graham Crackers	4 Egg & Cheese on a Croissant Assorted Cereal Bars with Graham Crackers	5 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	6 Apple Strudel Assorted Cereal Bars with Graham Crackers
9 Mini Cinni Rolls Assorted Cereal Bars with Graham Crackers	10 Mini Maple Waffles Assorted Cereal Bars with Graham Crackers	11 Cherry Strudel Assorted Cereal Bars with Graham Crackers	12 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	13 Mini Maple French Toast Assorted Cereal Bars with Graham Crackers
16 <b>NO SCHOOL</b>	17 Chocolate Chip French Toast Assorted Cereal Bars with Graham Crackers	18 Egg and Cheese on a Croissant Assorted Cereal Bars with Graham Crackers	19 Chocolate Chip French Toast Assorted Cereal Bars with Graham Crackers	20 Apple Strudel Assorted Cereal Bars with Graham Crackers
23 Mini Cinni Rolls Assorted Cereal Bars with Graham Crackers	24 Mini Cinnamon Toast Crunch French Toast Assorted Cereal Bars with Graham Crackers	25 Cherry Strudel Assorted Cereal Bars with Graham Crackers	26 Breakfast Pizza Assorted Cereal Bars with Graham Crackers	27 Mini Blueberry Pancakes Assorted Cereal Bars with Graham Crackers
30 Mini Blueberry Donut Holes Assorted Cereal Bars with Graham Crackers	31 Breakfast Pizza Assorted Cereal Bars with Graham Crackers			

**What is a Meal?**  
Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereal Bars (served with graham crackers)**  
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free white, fat-free chocolate, fat-free strawberry

**Your Team**  
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**Meal Prices**  
Student Breakfast \$0.00  
Reduced Breakfast \$0.00  
Faculty Breakfast \$1.95

