

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrition Tip: Drink water! Sip water to keep yourself hydrated especially during the hot summer months. Drinking plenty of water will help to maintain a healthy weight.

Reference: USDA MyPlate

Students may choose 1 of these Entrees

5

6

7

1

2

12

13

14
*Sunshine Breakfast Taco w/Turkey Bacon, Potato, Egg
*Yogurt Plate Parfait
*Assorted Cold Cereal
Toast w/Jelly
Fruit Variety
Juice
Milk

8

9

15
*Plain Bagel w/Cream Cheese
*Yogurt Plate Parfait
*Assorted Cold Cereal
Toast w/Jelly
Fruit Variety
Juice
Milk

16
*Friday's French Toast Sticks
*Yogurt Plate Parfait
*Assorted Cold Cereal
Seasoned Turkey Sausage Link
Toast w/Jelly
Fruit Variety
Juice
Milk

19
*Golden Waffles
*Yogurt Plate Parfait
*Assorted Cold Cereal
Seasoned Turkey Sausage Link
Toast w/Jelly
Fruit Variety
Juice Milk

20
*Glazed Cinnamon Roll
*Yogurt Plate Parfait
*Assorted Cold Cereal
Turkey Bacon Strip
Toast w/Jelly
Fruit Variety
Juice Milk

21
*Dr. Seuss' Green Eggs & Ham
*Yogurt Plate Parfait
*Assorted Cold Cereal
Turkey Bacon Strip
Toast w/Jelly
Fruit Variety

22
*Pop-In Donut Holes
*Yogurt Plate Parfait
*Assorted Cold Cereals
Turkey Bacon Strip
Toast w/Jelly
Fruit Variety
Juice Milk

23
*Friday's French Toast Sticks
*Yogurt Plate Parfait
*Assorted Cold Cereal
Seasoned Turkey Sausage Link
Toast w/Jelly
Fruit Variety
Juice Milk

26
*Country Sausage
Breakfast Pizza
*Yogurt Plate Parfait
*Assorted Cold Cereal
Seasoned Turkey Sausage Link
Toast w/Jelly
Fruit Variety
Juice Milk

27
*Homemade Pancakes
*Yogurt Plate Parfait
*Assorted Cold Cereal
Toast w/Jelly
Fruit Variety
Juice Milk

28
*Sunshine Breakfast Taco w/Turkey Bacon, Potato, Egg
*Yogurt Plate Parfait
*Assorted Cold Cereal
Toast w/Jelly
Fruit Variety
Juice Milk

29
*Plain Bagel w/Cream Cheese
*Yogurt Plate Parfait
*Assorted Cold Cereal
Toast w/Jelly
Fruit Variety
Juice
Milk

30
*Friday's French Toast Sticks
*Yogurt Plate Parfait
*Assorted Cold Cereal
Seasoned Turkey Sausage Link
Toast w/Jelly
Fruit Variety
Juice Milk

BREAKFAST SIDES OFFERS ASSORTED FRUITS, JUICES, AND MILK VARIETIES DAILY

THE BREAKFAST MENU Students must select 3-4 food items. Milk, juice, or fruit must be selected to qualify for a Reimbursable Meal.

Menu is subject to change and substitutions may occur due to availability of product, school schedule changes, early release days, holidays, and special promotions. The United States Department of Agriculture requires all schools participating in the federal child nutrition programs (NSLP and School Breakfast Program) to implement the regulations regarding the Healthy, Hunger-Free Kids Act of 2010. To see more on the regulations, please visit squaremeals.org. This institution is an equal opportunity employer.

