



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<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 1/4 cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Choice of Fruit</b>                      Seasonal Fresh Fruit                      100% Fruit Juice</p> <p><b>Choice of Milk</b>                      1% White or Lactaid</p>
			Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Blueberry Waffles w/g  Fresh Fruit 100 % Fruit Juice	
6	7	8	9	10	
Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Maple Pancakes w/g  Fresh Fruit 100 % Fruit Juice	Mini Strawberry Bagels w/g  Fresh Fruit 100 % Fruit Juice	Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Blueberry Waffles w/g  Fresh Fruit 100 % Fruit Juice	
13	14	15	16	17	
Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Maple Pancakes w/g  Fresh Fruit 100 % Fruit Juice	Mini Strawberry Bagels w/g  Fresh Fruit 100 % Fruit Juice	Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Blueberry Waffles w/g  Fresh Fruit 100 % Fruit Juice	
20	21	22	23	24	
Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Maple Pancakes w/g  Fresh Fruit 100 % Fruit Juice	Mini Strawberry Bagels w/g  Fresh Fruit 100 % Fruit Juice	Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Blueberry Waffles w/g  Fresh Fruit 100 % Fruit Juice	
27	28	29	30	31	
Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Maple Pancakes w/g  Fresh Fruit 100 % Fruit Juice	Mini Strawberry Bagels w/g  Fresh Fruit 100 % Fruit Juice	Cereal Bowl w/g  Fresh Fruit 100 % Fruit Juice	Mini Blueberry Waffles w/g  Fresh Fruit 100 % Fruit Juice	

**Your Team**  
**Kristine Colo, Food Service Director**  
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**Meal Prices**

Student Breakfast	\$2.50
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.75



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