



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Mini Birthday Cake Pancakes w/g Fresh Fruit 100% Fruit Juice 1% White Milk	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 - Choice of Milk A minimum 1/4 cup serving of fruit must accompany a reimbursable breakfast. Choice of Fruit Seasonal Fresh Fruits 100% Fruit Juice Choice of Milk 1% White
4 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	5 Mini Blueberry Waffle w/g Fresh Fruit 100% Fruit Juice 1% White Milk	6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	
11 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	12 Mini Blueberry Waffle w/g Fresh Fruit 100% Fruit Juice 1% White Milk	13 Mini Cinnamon Bagel w/g Fresh Fruit 100% Juice 1% White Milk	14 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	15 Mini Birthday Cake Pancakes w/g Fresh Fruit 100% Fruit Juice 1% White Milk	
18 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	19 Mini Blueberry Waffle w/g Fresh Fruit 100% Fruit Juice 1% White Milk	20 Mini Cinnamon Bagel w/g Fresh Fruit 100% Juice 1% White Milk	21 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	22 Mini Birthday Cake Pancakes w/g Fresh Fruit 100% Fruit Juice 1% White Milk	
25 Cereal Bowl w/g Fresh Fruit 100% Fruit Juice 1% White Milk	26 Mini Blueberry Waffle w/g Fresh Fruit 100% Fruit Juice 1% White Milk	27 Mini Cinnamon Bagel w/g Fresh Fruit 100% Juice 1% White Milk	28 NO SCHOOL	29 NO SCHOOL	
Your Team Kristine Colo, Food Service Director 858.224.4900 ext. 2128 ma1535@metzcorp.com			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.