



**Meet Your Nutritious Friends:  
The Seeds**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily					
2  NO SCHOOL  LABOR DAY	3  NO SCHOOL  TEACHER IN-SERVICE	4  NO SCHOOL  TEACHER IN-SERVICE	5  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	6  Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	<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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with graham)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p>					
9  Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	10  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11  Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	12  Chocolate Chip Muffin with String Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	13  Cinnamon Pop Tart with Graham's  Assorted Cereals or Cereal Bar with Graham Crackers						
16  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	17  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	18  Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	19  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	20  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers						
23  Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	24  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	25  Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	26  Chocolate Chip Muffin with String Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	27  Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers						
30  Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers				ALL ENTREES ARE PEANUT/TREE NUT FREE						
			<p><b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p><b>(VG) Vegan</b> These items do not contain any animal products</p>							
			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$2.25</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.65</td> </tr> </table>		Student Breakfast	\$2.25	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.65
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.