



Meet Your Nutrition Friend:  
 You "Tuber"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
2 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	3 Mini Cinnamon Waffle w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	4 Mini Strawberry Bagels w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	5 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	6 Mini French Toast w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	<p><b>What is a Meal?</b>                      Students 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>						
9 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	10 Mini Cinnamon Waffle w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	11 Mini Strawberry Bagels w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	12 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	13 Mini French Toast w/g  Fresh Fruit 100% Fruit Juice 1% White Milk							
15 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	17 Mini Cinnamon Waffle w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	18 Mini Strawberry Bagels w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	19 Cereal Bowl w/g  Fresh Fruit 100% Fruit Juice 1% White Milk	20 Mini French Toast w/g  Fresh Fruit 100% Fruit Juice 1% White Milk							
23	24	25	26	27							
30	31										
<p><b>Your Team</b>                      Kristine Colo, Food Service Director                      858.224.4900 ext. 2128  <a href="mailto:mat535@metzcorp.com">mat535@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$2.50</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.75</td> </tr> </table>			Student Breakfast	\$2.50	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.75
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.