



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

For 2021-2022 School Year, as per USDA guidance, all meals will be provided at no charge

What is a Breakfast?

- Grain and/or Protein
- Fruit or Vegetable
- Milk

Milk Selection

- 1% white
- Fat-Free white
- Fat-Free Chocolate

1
Mini Waffles
Syrup
Fruit Juice
Milk

All breakfast items are whole grain and reduced sugar

4
Frosted Flakes
Cereal
Graham Cracker
Fruit Juice
Milk

5
Cinnamon Toast Crunch
Bar
Graham Cracker
Fruit Juice
Milk

6
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

7
Lucky Charms
Cereal
Graham Cracker
Fruit Juice
Milk

8
Mini Cinnis
Graham Cracker
Fruit Juice
Milk

11
NO SCHOOL

12
Apple Blueberry Bar
Graham Cracker
Fruit Juice
Milk

13
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

14
Mini Pancakes
Syrup
Fruit Juice
Milk

15
Trix Cereal
Bar
Graham Cracker
Fruit Juice
Milk

18
Chocolate Chip Oatmeal
Bar
Graham Cracker
Fruit Juice
Milk

19
Strawberry PopTart
Graham Cracker
Fruit Juice
Milk

20
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

21
Cocoa Puffs
Cereal
Graham Cracker
Fruit Juice
Milk

22
French Toast Bites
Syrup
Fruit Juice
Milk

25
Strawberry Bagel
Graham Cracker
Fruit Juice
Milk

26
Nutrigrain Bar
Graham Cracker
Fruit Juice
Milk

27
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

28
Rice Krispie Bar
Graham Cracker
Fruit Juice
Milk

29
Lucky Charms
Cereal
Graham Cracker
Fruit Juice
Milk

Menu subject to change

This institution is an equal opportunity provider.