



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
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

2
Frosted Flakes Cereal
Graham Cracker
Fruit Juice
Milk

3
Cinnamon Toast Crunch Bar
Graham Cracker
Fruit Juice
Milk

All breakfast items are whole grain and reduced sugar

6
NO SCHOOL

7
NO SCHOOL

8
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

9
Trix Cereal Bar
Graham Cracker
Fruit Juice
Milk

10
Mini Cinnis
Graham Cracker
Fruit Juice
Milk

13
Chocolate Chip Oatmeal Bar
Graham Cracker
Fruit Juice
Milk

14
Strawberry PopTart
Graham Cracker
Fruit Juice
Milk

15
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

16
NO SCHOOL

17
Froot Loops Cereal
Graham Cracker
Fruit Juice
Milk

20
Strawberry Bagel
Graham Cracker
Fruit Juice
Milk

21
Nutrigrain Bar
Graham Cracker
Fruit Juice
Milk

22
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

23
Rice Krispie Bar
Graham Cracker
Fruit Juice
Milk

24
Lucky Charms Cereal
Graham Cracker
Fruit Juice
Milk

27
Golden Grahams Cereal
Graham Cracker
Fruit Juice
Milk

28
Cocoa Puffs Cereal Bar
Graham Cracker
Fruit Juice
Milk

29
Whole Grain Muffin
Graham Cracker
Fruit Juice
Milk

30
Cheerios Cereal
Graham Cracker
Fruit Juice
Milk

Menu subject to change

This institution is an equal opportunity provider.