

### CHEF'S SPECIAL

INCLUDES HOT ENTRÉE, CHOICE OF FRUIT, SIDES AND BEVERAGE

**Monday, Wednesday &  
Friday**

#### Breakfast Sandwich

*Freshly Made Egg, Cheese, Bacon or  
Sausage on an English Muffin or  
Bagel*

**Tuesday & Thursday**

#### Breakfast Burrito

*Scrambled Egg, Cheese, and  
Breakfast Meat Wrapped in a Whole  
Grain Tortilla*



#### Build a Healthy Plate

*Make half of your plate  
fruits and vegetables.  
Make at least half your  
grains, whole grains.  
Vary your protein  
choices.  
Switch to skim or 1%  
milk.*

**For more information  
go to:**

[www.choosemyplate.gov](http://www.choosemyplate.gov)



### GRAB 'N' GO

*MUST SELECT THREE OF THE FOLLOWING FOUR OPTIONS*

| <u>Grain</u>        | <u>and/or</u> | <u>Protein</u>  | <u>and</u> | <u>Fruit</u>   | <u>and/or</u> | <u>Milk</u> |
|---------------------|---------------|-----------------|------------|----------------|---------------|-------------|
| Plain Bagel         |               | String Cheese   |            | Apple          |               | Skim        |
| Pop-Tart            |               | Assorted Yogurt |            | Banana         |               | 1%          |
| Cereal Bar          |               | Hard Boiled Egg |            | Orange         |               | Chocolate   |
| Nutri-Grain Bar (2) |               |                 |            | Seasonal Fruit |               |             |
| Choice of Muffin    |               |                 |            | Fruit Juice    |               |             |
| Cereal Bowl         |               |                 |            |                |               |             |

#### Breakfast Prices

|         |        |
|---------|--------|
| Adult   | \$2.00 |
| Student | \$1.75 |
| Reduced | \$0.30 |
| Milk    | \$0.40 |

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)  
A complete breakfast meal consists of fruit and two of the three available options:

- Grain
- Protein
- Milk

#### A La Carte Prices

|            |        |
|------------|--------|
| Hot Entrée | \$1.50 |
| Tator Tots | \$1.00 |
| Muffin     | \$1.50 |
| Donut      | \$1.00 |

*See A La Carte Menu  
for Full Listing of  
Prices*