

2016-17 BREAKFAST MENUS

Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 (Week starting Sept. 5, Sept. 19)				
Yogurt & Cereal	Cinnamon Apple Oat Breakfast Bar	Homemade Muffin & Cereal	Freshly Baked Breakfast Round	Cinnamon Roll and Cereal
WEEK 2 (Week starting Aug. 29, Sept. 12, Sept. 26)				
String Cheese & Cereal	Banana Bread Slice	Homemade Muffin & Cereal	Bagel & Cream Cheese	Cinnamon Roll and Cereal

Elementary School Breakfast in the Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast in the Classroom (BIC) will be offered free to all students at Birchwood, Carl Cozier, Cordata and Roosevelt elementary schools. Alderwood and Sunnyland elementary schools will join BIC in the fall.				
Whole Grain Breakfast Bread* Boxed Raisins, No Sugar Added 1% White Milk *CONTAINS WHEAT, EGG, SOY	Whole Grain Apple Cinnamon Breakfast Bar* Fresh Fruit 1% White Milk *CONTAINS WHEAT, EGG	Cinnamon Oat Breakfast Round* Fresh Fruit 1% White Milk *CONTAINS WHEAT, MILK, SOY, EGG	Whole Grain Bagel* Plain Cream Cheese Cup* Fresh Fruit 1% White Milk *CONTAINS WHEAT or MILK	Whole Grain Apple Cinnamon Breakfast Bar* 100% Applesauce Cup, Unsweetened 1% White Milk *CONTAINS WHEAT, EGG

Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice.				
Benefit Bar or Bagel & Cream Cheese (Alternate items between weeks)	Pancake, Waffle, or French Toast Sticks (Alternate items between weeks)	Ultimate Breakfast Round	Banana/Zucchini/ Pumpkin Bread or Homemade Muffin & Cereal (Alternate items between weeks)	Cinnamon Roll

High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice.				
HIGH SCHOOLS				
Cold Breakfast	Pancake, Waffle, or French Toast w/ Sausage	Yogurt Parfait	Cinnamon Roll	Breakfast Sandwich
OPTIONS HIGH Daily offering at Options High School: Whole grain bagel and cream cheese, milk, juice, fruit, cereal				
Benefit Bar (Variety)	Homemade Muffin & Cereal or Ultimate Breakfast Round	Breakfast Bread	Cinnamon Roll	Breakfast Sandwich

This institution is an equal opportunity provider.