



BREAKFAST @SCHOOL

For first-class learning!

Middle School Breakfast Menu

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU 2018-2019

This institution is an equal opportunity provider. Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes	Breakfast Sandwich	Pigglestick (pancake wrapped sausage link)	Breakfast Sandwich	Breakfast Burrito
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Waffles	Breakfast Egg Bowl	Pigglestick (pancake wrapped sausage link)	Breakfast Sandwich	Cinnamon French Toast

Milk Options:

- Skim
- Low Fat (1%)
- Non-Fat Chocolate
- Non-Fat Strawberry

Fruit Options: (All meals must contain 1 serving of fruit, students may select 2 fruit options with breakfast)

Assorted Fresh & Cupped Fruit will be available daily

100% Fruit Juice

Breakfast Items Available Daily

(all items are whole grain rich)

- | | |
|---|--------------------------------|
| Assorted Cereal w/ Graham Bagel w/ Cream Cheese | Assorted Yogurt w/ Graham |
| Assorted Mini Bagel w/ Cream Cheese | Assorted Cereal Bars w/ Graham |
| Assorted Bread Slice | Assorted Muffins |
| Assorted Cinnamon Rolls | Assorted PopTarts |
| Breakfast Bites | Crunchmania Grahams |
| Fruit & Yogurt Parfaits | Assorted Frudels |
| | Assorted Smoothies |

Menu Subject to Change

Breakfast Prices

All Colonial Elementary Students will receive their first Breakfast & Lunch Meals at no cost.

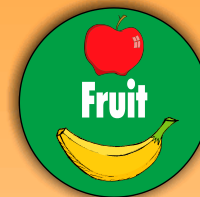
Second Breakfast Price: \$0.95

Adult Meal Price:
Breakfast: \$2.40
Lunch: \$3.75

7/31/2018

First things First

To make a breakfast,
choose at least one



OR



and at
least
three
items
total



COLONIAL SCHOOL DISTRICT
NUTRITION SERVICES