

Olmsted Falls Schools All Grades



MEAL PRICING:

Breakfast Full Price (K-5)	\$1.40
Breakfast Full Price (6-12)	\$1.65
Reduced Breakfast Price	\$0.30
Milk Only	\$0.50

BREAKFAST Menu

January-June 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Mini Chocolate/ Powder Sugar Donuts, Orange Juice, Milk	Open Faced Breakfast Sandwich w/ Crisp Turkey Bacon, Milk	Breakfast Brownie Bar, Orange, Milk	Fresh Fruit Smoothie, Whole Grain Toast, Milk	Breakfast Pizza, Apple, Milk
2	Breakfast Pizza, Orange Juice, Milk	Strawberry & Yogurt Parfait w/ Granola, Milk	Cinni Minis, Peaches, Milk	Sausage, Egg, and Cheese Croissant, Fruit Cup, Milk	Dutch Waffle, Apple, Milk
3	Sausage, Egg, and Cheese Croissant, Orange Juice, Milk	Fresh Fruit Smoothie, Whole Grain Toast, Milk	Triple Berry French Toast, Kiwi, Milk	Bosco Stick, Hash Brown, Applesauce, Milk	Mini Chocolate/ Powder Sugar Donuts, Peaches, Milk
4	Cinnamon Roll, Orange Juice, Milk	Bosco Stick, Hash Brown, Banana, Milk	Cinnamon Crumbcake, Pears, Milk	Strawberry & Yogurt Parfait w/ Granola, Milk	Open Faced Breakfast Sandwich w/ Crisp Turkey Bacon, Applesauce, Milk

OTHER DAILY SELECTIONS (varies by school):

ENTREES

- Assorted Cereals
- Assorted Cereal Bars
- Cinni Minis
- Cinnamon Toast Crunch/Cocoa Puffs Soft Bars
- Crunchmania
- Potato Triangles

DRINKS

- 100% Juice \$1.00
- 10 oz Water \$0.75
- Hot Coffee/Iced Coffee (high school only) \$1.50/\$2.00

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
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28						

S	M	T	W	T	F	S
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28	29	30	31			

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

S	M	T	W	T	F	S
	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

1. 2015-2020 Dietary Guidelines for Americans
 2. USDA. MyPlate.gov. <http://www.myplate.gov>.

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan