



Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Sausage Gravy over Biscuits (Elemen.-Breakfast Pizza) Assorted Cereals or Yogurt Craveable	2 Homemade Frosted Donuts Assorted Cereals or Yogurt Craveable	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Cocoa Puffs, or Lucky Charms</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate, vanilla, or strawberry (Elementary – only 1% white or fat-free chocolate)</p> <p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p>
5 Pancakes & Sausage Assorted Cereals or Yogurt Craveable	6 Blueberry or Banana Bread Assorted Cereals or Yogurt Craveable	7 Funnel Cake or Fruit Smoothie (High School Only) Assorted Cereals or Yogurt Craveable	8 Bacon Egg Cheese Maple Waffle Flatbread Assorted Cereals or Yogurt Craveable	9 Homemade Frosted Donuts Assorted Cereals or Yogurt Craveable	
12 Chicken N’ Waffles (Elemen.-Waffles & Sausage) Assorted Cereals or Yogurt Craveable	13 Breakfast Burrito (Elemen.-Apple Frudel) Assorted Cereals or Yogurt Craveable	14 French Toast Sticks or Fruit Smoothie (High School Only) Assorted Cereals or Yogurt Craveable	15 Scrambled Eggs, Sausage, & Toast Assorted Cereals or Yogurt Craveable	16 Homemade Frosted Donuts Assorted Cereals or Yogurt Craveable	
19 Assorted Muffins Assorted Cereals or Yogurt Craveable	20 Chef’s Choice Assorted Cereals or Yogurt Craveable	21 Sausage Gravy over Biscuits (Elemen.-Breakfast Bagel Pizza) Assorted Cereals or Yogurt Craveable	22 Sausage Egg Cheese Croissant Assorted Cereals or Yogurt Craveable	23 Homemade Frosted Donuts Assorted Cereals or Yogurt Craveable	
26 NO SCHOOL	27 Chef’s Choice Assorted Cereals or Yogurt Craveable	28 Soft Bagel w/ Filling (Apple or Cinnamon) Assorted Cereals or Yogurt Craveable	29 Scrambled Eggs, Sausage, & Toast Assorted Cereals or Yogurt Craveable	30 Homemade Frosted Donuts Assorted Cereals or Yogurt Craveable	

Your Team
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Meal Prices
Student Breakfast \$0.00
Reduced Breakfast \$0.00
Faculty Breakfast \$2.40



Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.