

**BREAKFAST  
Grades K - 8**



We are striving to serve more products that are lower in fat and have higher grain/fiber contents.

Choice of Milk daily - 1% Fat, Non-Fat

\*These items contain pork. \*\*These items may contain pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
100% Juice Choice of Cereal & Trix Yogurt <b>3</b>	Fresh Fruit or Chilled Fruit Cup Bean & Cheese Burrito or Choice of Cereal & Keebler Elf Graham <b>4</b>	100% Juice Pancake Sausage* Stick or Choice of Cereal & Cheddar Cheese <b>5</b>	Fresh Fruit or Chilled Fruit Cup Cheese Hot Pocket or Choice of Cereal & Honey Sunflower Seeds <b>6</b>	100% Juice Personal Pan Size Sausage Pizza* or Choice of Cereal & Whole Grain Graham Cracker <b>7</b>
100% Juice Choice of Cereal & Warm Cinnamon Bun <b>10</b>	Fresh Fruit or Chilled Fruit Cup Texas Cinnamon Toast or Choice of Cereal & Keebler Elf Graham <b>11</b>	100% Juice Pancake Stack or Choice of Cereal & String Cheese <b>12</b>	Fresh Fruit or Chilled Fruit Cup Beef Sausage Breakfast Sandwich or Choice of Cereal & Whole Grain Bear Graham <b>13</b>	100% Juice Turkey Sausage Pizza or Choice of Cereal & Whole Grain Graham Cracker <b>14</b>
100% Juice Choice of Cereal & Trix Yogurt <b>17</b>	Fresh Fruit or Chilled Fruit Cup Breakfast Burrito or Choice of Cereal & Keebler Elf Graham <b>18</b>	100% Juice Waffle & Sausage Patty* or Choice of Cereal & Cheddar Cheese <b>19</b>	Fresh Fruit or Chilled Fruit Cup Mini Cheeseburger or Choice of Cereal & Honey Sunflower Seeds <b>20</b>	100% Juice Breakfast Cheese Bagel or Choice of Cereal & Whole Grain Graham Cracker <b>21</b>
100% Juice Choice of Cereal & Warm Cinnamon Bun <b>24</b>	Fresh Fruit or Chilled Fruit Cup Whole Grain Cheese Filled Bread Stick w/Marinara Sauce or Choice of Cereal & Keebler Elf Graham <b>25</b>	100% Juice Morning Chocolate Muffin or Choice of Cereal & String Cheese <b>26</b>	Fresh Fruit or Chilled Fruit Cup Chick'n Bundle Sandwich or Choice of Cereal & Whole Grain Bear Graham <b>27</b>	100% Juice Turkey Sausage Pizza or Choice of Cereal & Whole Grain Graham Cracker <b>28</b>
100% Juice Choice of Cereal & Trix Yogurt <b>31</b>	<b>Pumpkin Season: A trip to the pumpkin patch can be a youngster's favorite part of fall. Pumpkins are not only fun to pick out and decorate, they are also healthy and delicious to eat. Recipe for roasted pumpkin seeds: scoop the seeds from a pumpkin, put them in a bowl of water for about an hour, rinse in a colander, pat dry and toss with 2 tsp. olive oil, spread on cookie sheet, bake at 250° until crisp &amp; browned, about 40 minutes.</b>			<u>Breakfast Prices</u> (includes milk) Paid \$1.00 Reduced .30 Adult 1.50

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**BREAKFAST SERVING SCHEDULE**

	<u>1st Breakfast</u>	<u>2nd Breakfast</u>	<u>Breakfast</u>
Arbolita	8:00 - 8:30 a.m.	9:00 - 9:30 a.m.	7:40 - 8:05 a.m.
El Cerrito	7:30 - 8:00 a.m.	8:45 - 9:00 a.m.	7:45 - 8:15 a.m.
Ladera Palma	7:45 - 8:10 a.m.	8:55 - 9:10 a.m.	7:25 - 7:55 a.m.
Las Lomas	7:45 - 8:20 a.m.	9:00 - 9:20 a.m.	8:20 - 8:50 a.m.
			Washington 8:20 - 8:50 a.m.



Daily menu selections are subject to substitution by items of equal nutritional value as required.