



Meet Your Nutritious Friend:
Avocado-do

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--------------|---------------|-------------------|---------------|
| | | | | 1 |
| | | | | Apple Strudel |
| 4 | 5 | 6 | 7 | 8 |
| Cinni Mini | Mini Waffles | Banana Muffin | Mini French Toast | Apple Strudel |
| 11 | 12 | 13 | 14 | 15 |
| Cinni Mini | Mini Waffles | Banana Muffin | Mini French Toast | Apple Strudel |
| 18 | 19 | 20 | 21 | 22 |
| Cinni Mini | Mini Waffles | Banana Muffin | Mini French Toast | Apple Strudel |
| 25 | 26 | 27 | 28 | 29 |
| SCHOOL CLOSED | Mini Waffles | Banana Muffin | Mini French Toast | Apple Strudel |

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white

Your Team

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Meal Prices

| | |
|-------------------|--------|
| Student Breakfast | \$1.60 |
| Reduced Breakfast | \$0.00 |

