Sides Every Morning: Fresh Fruit Bowl Assorted Fruit Cups Orange Juice

September Breakfast

Daily Breakfast Options: WG Assorted Muffins

WG Assorted Mullins
WG Bagels w/ Cream Cheese & Jelly
WG Assorted Cereal w/ Yogurt.

Hot Vegan available, must be requested in advance



Assorted Condiments: (optional vary daily) Mustard,
Mayonnaise, Ketchup, Tapatio. Milk: 1% Low fat White
Milk, and Nonfat Chocolate Milk offered daily with each
meal. All milk is locally sourced and rBST hormone free.

** Milk is NOT required with Meals**

All menu days include the following food groups: Grain, Meat/Meat Alternative, Fruit, and Milk.

Students must choose 3 of the 4 items offered; one food group must be a fruit.

WG = Whole Grain