

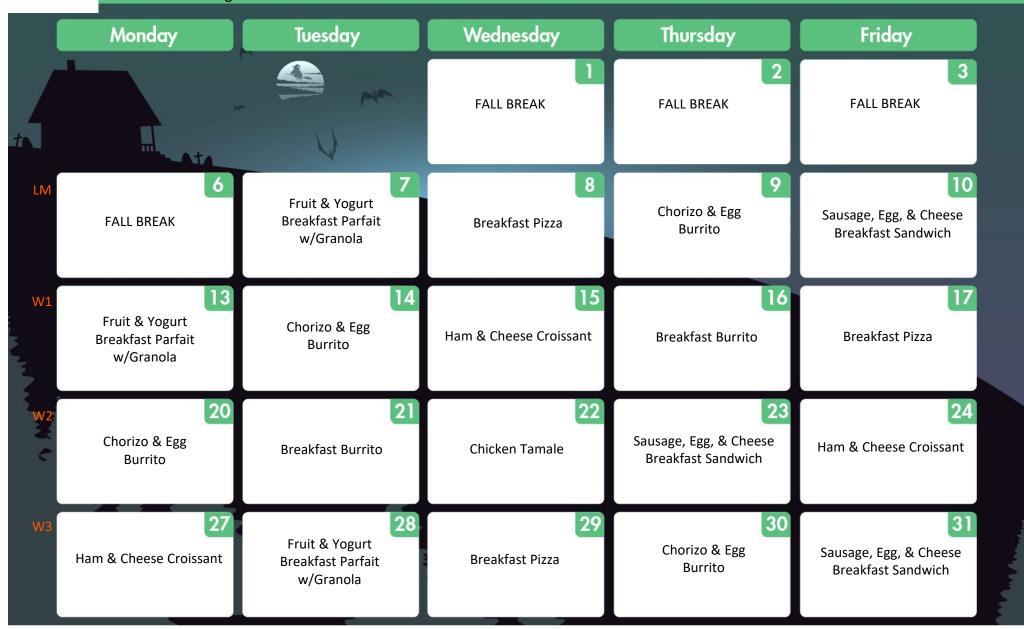
## **Sides Every Morning:**

Fresh Fruit Bowl Assorted Fruit Cups Orange Juice

## October Breakfast

## **Daily Breakfast Options:**

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



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.

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

Hot Vegan available, must be requested in advance \*Please see the Site Supervisor to request a specific allergen free menu