



Meet Your Nutritious Friend:  
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Welcome Back!</b>		Mini Powdered Donut Holes Blueberry Muffin	Strawberry & Cream Cheese Mini Bagel Chocolate Chip French Toast	Strawberry Pop Tart with Graham Cracker Mini Cinni
		Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers
8	9	10	11	12
Breakfast Sandwich Mini Blueberry Donut Holes	Breakfast Sandwich Cinnamon & Cream Cheese Mini Bagel	Breakfast Sandwich Chocolate Chip Muffin	Breakfast Sandwich Mini Maple Pancakes	Breakfast Sandwich Apple Bites
Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers
15	16	17	18	19
Breakfast Sandwich Mini Powdered Donut Holes	Breakfast Sandwich Strawberry & Cream Cheese Mini Bagel	Breakfast Sandwich Blueberry Muffin	Breakfast Sandwich Chocolate Chip French Toast	Breakfast Sandwich Mini Cinni Rolls
Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers
22	23	24	25	26
Breakfast Sandwich Mini Blueberry Donut Holes	Breakfast Sandwich Cinnamon & Cream Cheese Mini Bagel	Breakfast Sandwich Chocolate Chip Muffin	Breakfast Sandwich Mini Maple Pancakes	Breakfast Sandwich Apple Bites
Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers
29	30	1	2	3
Breakfast Sandwich Mini Powdered Donut Holes	Breakfast Sandwich Strawberry & Cream Cheese Mini Bagel	Breakfast Sandwich Blueberry Muffin	Breakfast Sandwich Chocolate Chip French Toast	Breakfast Sandwich Mini Cinni Rolls
Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers	Assorted Cereal Bars with Graham Crackers

## 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.

## Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

## Choice of Fruit

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

## Choice of Milk

1% white, fat-free chocolate

## Your Team

Lisa O'Brien, Food Service Director  
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## Meal Prices

Student Breakfast \$1.50  
Reduced Breakfast \$0.00  
Faculty Breakfast \$2.00



**NUTRI-SERVE**  
FOOD MANAGEMENT, INC. by Metz