

# 2022-23 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Breakfast Pizza</li> <li>• Cinnamon Toast Crunch Bars</li> <li>• Cold Cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits &amp; Gravy</li> <li>• Pancakes</li> <li>• Cold Cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast on a Stick</li> <li>• Banana Bread</li> <li>• Cold Cereal</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast Stick</li> <li>• Cheese Omelet</li> <li>• Cold Cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Skillet Frittata</li> <li>• Apple Frudel</li> <li>• Cold Cereal</li> </ul>
	<p style="text-align: center;"><b>REQUIRED</b></p> <p style="text-align: center;">⇒ Take <b>1/2 cup Fruit or Juice</b></p> <p style="text-align: center;">⇒ <b>3 Food Components</b></p>		<p style="text-align: center;"><b>AVAILABLE EVERYDAY</b></p> <ul style="list-style-type: none"> <li>◆ <b>YOGURT</b></li> <li>◆ <b>MILK</b></li> <li>◆ <b>JUICE</b></li> <li>◆ <b>FRESH</b></li> </ul>	