ELEMENTARY BREAKFAST MENU

MONDAY: Sausage biscuit sandwich (25 g)

TUESDAY: Pancakes (40 g)

WEDNESDAY: Super Bun (37 g)

THURSDAY: Pancake wrapped sausage (18 g)

FRIDAY: English muffin (24 g) with sausage (1 g) and cheese (1 g)

GRAB AND GO OPTIONS

Cereal (22 g) and cheese stick (1 g)

Cereal bar (30 g) and cheese stick (1 g)

Peanut butter and jelly bar (32 g)

1 Pop Tart™ (37 g) and cheese stick (1 g)

Super Bun (37 g)

1 cup fruit or ½ cup 100% fruit juice and ½ cup fruit and milk served with items listed above.

Must take at least ½ cup of fruit or juice with main item to count as a breakfast.