



All Breakfast meals come with student's choice of 1% white milk or fat free chocolate milk

This institution is an equal opportunity provider



Hydrate often. The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you.



Monday



Tuesday

Wednesday



Thursday



Friday

Chocolate Chip
Whole Grain Benefit Bar
Apple
Milk

1

Grab & Go Cereal Kit
w/ Graham Crackers
100% Fruit Juice
Applesauce Cup
Milk

4

Whole Grain Assorted
Fruit Muffin
(Apple, Strawberry or
Blueberry)
Fruit & Milk

5

Whole Grain
Assorted Breakfast
Cereal Bowl
Fruit & Milk

6

Whole Wheat
Cinnamon Bagel-full
Fruit & Milk

7

Whole Grain Assorted
Cereal Bowl
Fruit & Milk

8

Grab & Go Cereal Kit
w/ Graham Crackers
100% Fruit Juice
Applesauce Cup
Milk

11

Whole Grain Assorted
Breakfast Bar Flavors:
(Triple Berry, Lemon or
French Toast Cruncher)
Fruit & Milk

12

Whole Grain Assorted
Cereal Bowl
Fruit & Milk

13

Whole Grain
Assorted Breakfast
Bread Slice (*Pumpkin,
Banana or Cocoa*)
Fruit & Milk

14

Whole Grain Assorted
Cereal Bowl
Fruit & Milk

15

Grab & Go Cereal Kit
w/ Graham Crackers
100% Fruit Juice
Applesauce Cup
Milk

18

Whole Wheat
Cinnamon Bagel-Full
Fruit & Milk

19

Whole Grain Assorted
Cereal Bowl
Fruit & Milk

20

Whole Grain Assorted
Fruit Muffin
(Apple, Strawberry or
Blueberry)
Fruit & Milk

21

22

25

26

27

28

29