

# BREAKFAST MENUS

## PRICING

Elementary Breakfast: \$1.50  
 Middle and High School Breakfast: \$1.75  
 K-12 Reduced Price Breakfast: Free

## Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is served daily with 1% or non-fat milk and fruit.				
Cereal, Yogurt, String Cheese (choose two) or Breakfast Bread	Cereal, Yogurt, String Cheese (choose two) or Cinnamon Apple Benefit Bar	Cereal, Yogurt, String Cheese (choose two) or Homemade Muffin with Cereal	Cereal, Yogurt, String Cheese (choose two) or Freshly Baked Breakfast Round	Cereal, Yogurt, String Cheese (choose two) or Cinnamon Roll with Cereal

## Elementary and Middle School Breakfast in the Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast in the Classroom (BIC) is offered free to all students at Alderwood, Birchwood, Carl Cozier, Cordata, Roosevelt and Sunnyland elementary schools and Shuksan Middle School. Non-fat white milk is available upon request.				
Cinnamon Oat Breakfast Round* Applesauce, No Sugar Added 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Whole Grain Pretzels* String Cheese* Fresh Fruit 1% White Milk *CONTAINS WHEAT and MILK	Apple Cinnamon Bar* Fresh Fruit 1% White Milk *CONTAINS WHEAT, MILK, EGG, SOY (OIL and LECITHIN)	Graham Cracker Bites* Yogurt, Assorted* Fresh Fruit 1% White Milk *CONTAINS WHEAT, SOY (OIL), and MILK	Whole Grain Muffin* String Cheese* Applesauce, No Sugar Added 1% White Milk *CONTAINS WHEAT, EGG, MILK, and SOY (OIL)

## Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice. Breakfast is served daily with 1% or non-fat milk and fruit.				
Benefit Bar or Bagel & Cream Cheese (Alternate items between weeks)	Pancake, Waffle, or French Toast Sticks (Alternate items between weeks)	Ultimate Breakfast Round	Banana/Zucchini/Pumpkin Bread or Homemade Muffin & Cereal (Alternate items between weeks)	Cinnamon Roll

## High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Options: In addition to the main breakfast entree below, there is a variety of cold breakfast items offered each day as a second choice. Breakfast is served daily with 1% or non-fat milk and fruit.				
Cold Breakfast	Pancake, Waffle, or French Toast w/ Sausage	Yogurt Parfait	Cinnamon Roll	Breakfast Sandwich

This institution is an equal opportunity provider.