


K-8

Breakfast

October 2018

<p><u>Grains</u> can include: WG Toast, Muffin, Bagel, Pancake, Waffle, Breakfast Bar, Cereal, Breakfast Mix <u>Protein</u> can include: Sausage, Egg <u>Fruit</u> can include: whole fresh, juice or packaged <u>Dairy</u> can include, Fat Free and 1% white milk, Yogurt, Cheese stick, Cream Cheese</p>		<p>Breakfast K-5 \$1.55* 6-12 \$1.80* Milk \$.45* Reduced \$.30 *Prices reflect an increase as of Jan 1, 2018</p>		<p>ALL Meal Accounts <u>MUST</u> be current and meals should be pre-paid. Contact Food Service at 222-0209 to check account balance or for assistance</p>					
1		2		3		4		5	
		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy	
8		9		10		11		12	
Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy	
15		16		17		18 NO SCHOOL		18 NO SCHOOL	
Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy					
22		23		24		25		26	
Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy	
29		30		31		31		<p>Accounts need to be in good standing. Now is a great time to make a payment on your meal account. Make sure you have completed a 2018/2019 FRAM app for Free & reduced meal pricing</p>	
Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy		Grain/Protein Fruit Dairy			