

### MEAL PRICING:

## BREAKFAST Menu

## August-December 2023

Whole Grain products are used for all grain items.

Cereals are reduced sugar whenever available.

An option between fresh fruit or a fruit cup is often offered in order to meet the different texture needs of the students.

## DRINKS

When served,  
juice is 100% Fruit  
Juice.

When served,  
milk is: 1% white,  
or non-fat  
Chocolate.

Menu items  
subject to change  
for special  
occasions or  
product  
availability.

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19<sup>1</sup>
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal<sup>2</sup>

August 2023						
S	M	T	W	T	F	S
				17	18	
21	22	23	24	25		
28	29	30	31	1		

September 2023						
S	M	T	W	T	F	S
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

October 2023						
S	M	T	W	T	F	S
	2	3	4	5	6	
	9	10	11	12	13	
	16	17	18	19	20	
	23	24	25	26	27	
	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	
	6	7	8	9	10	
	13	14	15	16	17	
	20	21	22	23	24	
	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	
	4	5	6	7	8	
	11	12	13	14	15	
	18	19	20	21	22	
	25	26	27	28	29	

## Week 1 Meal Plan

## Week 2 Meal Plan

### Week 3 Meal Plan

## Week 4 Meal Plan

### 1.2015-2020 Dietary Guidelines for Americans

2. USDA. MyPlate.gov. <http://www.myplate.gov>.