

Cedar Island ***January 2019*** **Breakfast Menu**

Milk and Juice Offered Daily at Breakfast

BREAKFAST PRICES

Elem. Student "Paid"	\$1.55
Student Reduced"	FREE
Student "Free"	FREE
Milk.....	\$.50

Menu subject to change without notice.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Breakfast Bites Cereal Hard Boiled Egg Fruit	3 Frudel or French Toast Cereal Yogurt Fruit	4 Mini Donuts Cereal Cheese stick Fruit
7 Breakfast Breads Cereal Cheese Stick Fruit	8 Breakfast Pizza Cereal Yogurt Fruit	9 Breakfast Bites Cereal Hard Boiled Egg Fruit	10 Frudel or French Toast Cereal Yogurt Fruit	11 Mini Donuts Cereal Cheese stick Fruit
14 Breakfast Breads Cereal Cheese Stick Fruit	15 Breakfast Pizza Cereal Yogurt Fruit	16 Breakfast Bites Cereal Hard Boiled Egg Fruit	17 Frudel or French Toast Cereal Yogurt Fruit	18 Mini Donuts Cereal Cheese Stick Fruit
21 Breakfast Breads Cereal Cheese Stick Fruit	22 Breakfast Pizza Cereal Yogurt Fruit	23 Breakfast Bites Cereal Hard Boiled Egg Fruit	24 Frudel or French Toast Cereal Yogurt Fruit	25 Mini Donuts Cereal Cheese Stick Fruit
28 Breakfast Breads Cereal Cheese Stick Fruit	29 Breakfast Pizza Cereal Yogurt Fruit	30 Breakfast Bites Cereal Hard Boiled Egg Fruit	31 Frudel or French Toast Cereal Yogurt Fruit	

All Grains/Breads offered are a minimum of 51% Whole Grain.



*May contain Pork



#May contain nuts or peanut butter

Any school made item could contain any of the above, please check with Kitchen Manager at site.
Allergy Notice: Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

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Free and Reduced Meal Applications available online at
<http://district279.org/i-want-to/free-and-reduced-meals>
OR
may be picked up at any school within District 279 or the District Office.