



# Start Your Day Off Right!

# Breakfast Bites

*Includes Milk, Fruit, or 100% Fruit Juice*

Monday

**Mini Maple Pancakes**

Tuesday

**Chocolate Chip Muffin**

Wednesday

**Warm Apple Munchkin Donut Bites**

Thursday

**Warm Cinnamon Roll**

Friday

**Warm Apple or Cherry Strudel**

**Available Everyday**

**\*Bagel w/ Cream Cheese/Smart Balance/Jelly**

**\*Assorted Cereals**



**We use the healthier whole grain versions of your breakfast favorites!**



Apple Bites



Choc. Chip Muffin



Cinnamon Roll

**There is no cost for Breakfast or Lunch for the 2021-2022 School Year!**  
**This is for EVERY Student. We are so happy to be able to provide meals at not cost.**  
**We Encourage Every Student To Eat a Healthy Breakfast Every Day.**

**Did you know?!?!**

**Eating within two hours of waking up jumpstarts your metabolism ~ the rate at which your body burns calories!**