



#### School Information:

ALL Students Free under CEP  
Please note that all extras & a la carte are NOT part of the CEP, you will have to have money on your account to purchase those items.



Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.



#### Monday

##### Pick Any 2 Items 3

Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

#### Tuesday

##### Pick One Item 4

Assorted Bread Loaves  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit Variety Milk

#### Wednesday

##### Pick One Item 5

Pancake Sausage/stick  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

#### Thursday

##### Pick One Item 6

Funnel Cake  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit Variety Milk

#### Friday

##### Pick One Item 7

Cinnamon Twist  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick Any 2 Items 10

Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick Any 2 Items 11

Asst. Muffin Tops or Cereal Bowl or Cereal Bar

Fruit Variety Milk

##### Pick One Item 12

Assorted Pop-tarts  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### No School – 13

#### Spring Break

##### No School – 14

#### Spring Break

##### No School – 17

#### Spring Break

##### No School – 18

#### Spring Break

##### Pick Any 2 Items 19

Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick One Item 20

Pancake Sausage/stick  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick One Item 21

Goodyring Donut  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick Any 2 Items 24

Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick One Item 25

Bagel w/ cream cheese  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit Variety Milk

##### Pick One Item 26

Breakfast Pizza  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick One Item 27

Funnel Cake  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

##### Pick One Item 28

Mini Donuts  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar

Fruit & Fruit Juice Variety Milk

