



#### 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.



#### Fiber and protein are the most important factors in a healthy breakfast.

To get the most vitamins and minerals in the morning, the Mayo Clinic recommends eating a breakfast made up of either whole grains, lean protein, and fruits and vegetables. Consider foods like oatmeal, eggs, peanut butter, or smoothies without added sugar. A healthy breakfast should make you feel more energized throughout the day.

Monday

Tuesday

Wednesday

Thursday

Friday



**Pick One Item** 1  
Mini Donuts  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**No School –** 4  
**Labor Day**

**Pick Any 2 Items** 5  
Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 6  
Pancake Sausage/stick  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 7  
Mini French Toast/ syrup  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick Any 2 Items** 8  
Cinnamon Roll or Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick Any 2 Items** 11  
Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick Any 2 Items** 12  
Muffin Top Variety or Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick One Item** 13  
Breakfast Pizza  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 14  
Funnel Cake  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick One Item** 15  
Goodyring Donut  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick Any 2 Items** 18  
Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 19  
Bagel w/ cream cheese  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit 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  
Mini Waffles/ syrup  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick One Item** 22  
BENE-fit Bar  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick Any 2 Items** 25  
Yogurt or Graham Crackers or Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 26  
Assorted Bread Slice  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick One Item** 27  
Breakfast Pizza Bagel  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk

**Pick One Item** 28  
Sausage & Cheese Biscuit  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit Variety Milk

**Pick One Item** 29  
Pop Tart Variety  
**Or Pick Any 2 Items**  
Cereal Bowl or Cereal Bar  
Fruit & Fruit Juice Variety Milk