



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Breakfast Pizza	Egg & Cheese Croissant	Chocolate Chip French Toast	Strawberries & Cream Overnight Oats Cup with Graham Crackers
	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
8	9	10	11	12
Glazed Dunkin' Sticks	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
15	16	17	18	19
Mini Maple Pancakes	Breakfast Pizza	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers
22	23	24	25	26
Mini Cinni Rolls	Breakfast Pizza	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Early Dismissal
29	30	1	2	3
Mini Maple Pancakes	Breakfast Pizza			
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers			

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla,

Your Team

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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.94

