



S.S. Palmer Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
Apple Cinnamon Muffin or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Muffin or Cereal Bar <small>with choice of additional Grain</small>	Apple Cinnamon Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Poptart or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/14/19	1/15/19	1/16/19	1/17/19	1/18/19
Banana Bread or Cereal Bar <small>with choice of additional Grain</small>	French Toast Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Apple Cinnamon Muffins or Cereal Bar <small>with choice of additional Grain</small>	Choc Froasted Poptart or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/21/19	1/22/19	1/23/19	1/24/19	1/25/19
Chocolate Muffins or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Bread or Cereal Bar <small>with choice of additional Grain</small>	Chocolate Chip Oatmeal Bar or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/28/19	1/29/19	1/30/19	1/31/19	2/1/19
Banana Muffins or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	French Toast Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	Choc Froasted Poptart or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/4/19	2/5/19	2/6/19	2/7/19	2/8/19
Apple Cinnamon Muffin or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	Blueberry Bread or Cereal Bar <small>with choice of additional Grain</small>	Chocolate Chip Oatmeal Bar or Cereal Bar <small>with choice of additional Grain</small>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/11/19	2/12/19	2/13/19	2/14/19	2/15/19
Blueberry Poptart or Cereal Bar <small>with choice of additional Grain</small>	Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	Chocolate Chip Oatmeal Bar or Cereal Bar <small>with choice of additional Grain</small>	Choc Chip Mini Loaf or Cereal Bar <small>with choice of additional Grain</small>	Presidents Holiday
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	

What is a Meal?
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Bar Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Cheerios
Fruit Loops
Served with additional Grain



Student Paid Breakfast \$1.15 JR/H.S \$ 1.25 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.10