



S.S. Palmer Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2/18/19	2/19/19	2/20/19	2/21/19	2/22/19
	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
2/25/19	2/26/19	2/27/19	2/28/19	3/1/19
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
3/4/19	3/5/19	3/6/19	3/7/19	3/8/19
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
3/11/19	3/12/19	3/13/19	3/14/19	3/15/19
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
3/18/19	3/19/19	3/20/19	3/21/19	3/22/19
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
3/25/19	3/26/19	3/27/19	3/28/19	3/29/19
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>	Breakfast Muffin 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

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