



S.S. Palmer Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/26/19 Banana Bread or Cereal Bar <small>with choice of additional Grain</small>	8/27/19 Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	8/28/19 Blueberry Muffin or Cereal Bar <small>with choice of additional Grain</small>	8/29/19 Apple Cinnamon Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	8/30/19 Labor Day 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	
9/2/19 Labor Day Holiday	9/3/19 French Toast Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	9/4/19 Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	9/5/19 Apple Cinnamon Muffins or Cereal Bar <small>with choice of additional Grain</small>	9/6/19 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
9/9/19 Chocolate Muffins or Cereal Bar <small>with choice of additional Grain</small>	9/10/19 Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	9/11/19 Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	9/12/19 Blueberry Bread or Cereal Bar <small>with choice of additional Grain</small>	9/13/19 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
9/16/19 Banana Muffins or Cereal Bar <small>with choice of additional Grain</small>	9/17/19 Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	9/18/19 Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	9/19/19 French Toast Breakfast Bar or Cereal Bar <small>with choice of additional Grain</small>	9/20/19 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
9/23/19 Apple Cinnamon Muffin or Cereal Bar <small>with choice of additional Grain</small>	9/24/19 Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	9/25/19 Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	9/26/19 Blueberry Bread or Cereal Bar <small>with choice of additional Grain</small>	9/27/19 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
9/30/19 Banana Bread or Cereal Bar <small>with choice of additional Grain</small>	10/1/19 Mini Filled Bagel or Cereal Bar <small>with choice of additional Grain</small>	10/2/19 Yogurt Parfait or Cereal Bar <small>with choice of additional Grain</small>	10/3/19 Choc Chip Mini Loaf or Cereal Bar <small>with choice of additional Grain</small>	10/4/19 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

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast 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 \$1.20 JR/H.S \$ 1.30 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.15