



January 2023

EAST ELEMENTARY SCHOOL BREAKFAST MENU

**MEALS ARE FREE
FOR ALL
STUDENTS**

**JUST STOP BY THE
CAFETERIA WHEN
YOU ARRIVE AT
SCHOOL AND GRAB A
BAG.
BE SURE TO HAVE
YOUR NAME
CHECKED OFF**

QUESTIONS:
Please call your
school Cafeteria

All Breakfast
Meals Must
Include Choice
of:
Fruit and/or
Juice
And May
Include:
1% Low-Fat
Milk

**Powering
potential.**

**Menus are
subject change.**

	MON	TUES	WED	THURS	FRI
NO SCHOOL	²	³ Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk	⁴ Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk	⁵ Nutri-Grin Bar Cheese Stick Fresh Fruit 100% Fruit Juice Milk	⁶ Mini Berry French Toast Fresh Fruit 100% Fruit Juice Milk
Apple Strudel Stick	⁹	¹⁰ Choc.Chip Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	¹¹ Confetti rice Krispy Treat Fresh Fruit 100% Fruit Juice Milk	¹² Yogurt Cup Scooby Sticks Fresh Fruit 100% Fruit Juice Milk	Cinnamon Toast Crunch Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk
Cocoa Puff Cereal Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk	¹⁶	¹⁷ Blueberry Muffin Graham Crackers Fresh Fruit 100% Fruit Juice Milk	¹⁸ Mini Cinnamon French Toast Bites Fresh Fruit 100% Fruit Juice Milk	¹⁹ Bagel Stick Stuffed With Cream Cheese Fresh Fruit 100% Fruit Juice Milk	²⁰ Mini Maple Waffles Fresh Fruit 100% Fruit Juice Milk
Cinnamon Toast Crunch Bar Graham Crackers Fresh Fruit 100% Fruit Juice Milk	²³	²⁴ Apple Cinnamon Muffin Graham Crackers Fresh Fruit 100% Fruit Juice Milk	²⁵ Trix Cereal Bar String Cheese Fresh Fruit 100% Fruit Juice Milk	²⁶ Mini Cinnamon Buns Fresh Fruit 100% Fruit Juice Milk	²⁷ Kellogg's WG Pop Tart Cheese Stick Fresh Fruit 100% Fruit Juice Milk
Blueberry Muffin Cheese Stick Fresh Fruit 100% Fruit Juice Milk	³⁰	³¹ WG Rice Krispy Treat Cheese Stick Fresh Fruit 100% Fruit Juice Milk			

State requires offering of 1 cup of fruit at breakfast. Students must take at least ½ cup of fruit

ALSO AVAILABLE:

Assorted Whole Grain Cereals with Graham Crackers

CHOICE OF MILK:

Low Fat Plain Milk, Fat Free Chocolate, and Fat Free Plain.

CHOICE OF FRUITS AND JUICE:

May include Fresh Apples, Fresh Oranges, Fresh Bananas, Apple Juice, Orange Juice, Fruit Blend Juice, or Chilled Fruit Cups



This institution is an equal
opportunity providers

