



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Milk</b> 1% white</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
6 Kix Cereal	7 Cheerios	8 Cinnamon Chex	9 Cinnamon Toast Crunch Cereal	10 Corn Muffin	
13 Kix Cereal	14 Cheerios	15 Cinnamon Chex	16 Cinnamon Toast Crunch Cereal	17 Corn Muffin	
20 No School	21 Cheerios	22 Cinnamon Chex	23 Cinnamon Toast Crunch Cereal	24 Corn Muffin	
27 Kix Cereal	28 Cheerios	29 Cinnamon Chex	30 Cinnamon Toast Crunch Cereal	31 Corn Muffin	

**Your Team**  
Dawn Edmonds, Kitchen Manager  
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**Meal Prices**

Student Breakfast	\$2.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00

