

JULY BREAKFAST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 1 • Yogurt with Cinnamon Grahams | 2 • Blueberry Burst Whole Grain Bagel with Cream Cheese | 3 • Zee Zees Berry Apple Crisp Bar (DF) | 4 • Independence Day | 5 • No School |
| 8 • Cheerios with Animal Crackers (DF) (VG) | 9 • HOT French Toast Sticks (VG) | 10 • HOT Omelet with Cheese (V) | 11 • Yogurt with HONEY Grahams | 12 • Mini French Toast Muffin & String Cheese |
| 15 • Dipper Doodle Bar (DF) | 16 • Corn Chex with Giant Cinnamon Goldfish Grahams (DF) (VG) | 17 • HOT Rise & Shine Breakfast Burrito (VG) | 18 • Plain Whole Wheat Bagel with Cream Cheese | 19 • Apple Muffin |
| 22 • String Cheese with Cinnamon Grahams | 23 • Banana Muffin | 24 • HOT Pancakes with Syrup (VG) | 25 • HOT Omelet with Cheese (VG) | 26 • Cinnamon Raisin Bagel (VG) |
| 29 • Yogurt with Cinnamon Grahams | 30 • Blueberry Burst Whole Grain Bagel with Cream Cheese | 31 • HOT Rise & Shine Breakfast Burrito (VG) | | |

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

JULY BREAKFAST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 1 • Yogurt with Granola | 2 • Blueberry Burst Whole Grain Bagel with Cream Cheese | 3 • Lemon Muffin | 4 • Independence Day | 5 • No School |
| 8 • Cheerios (DF) | 9 • HOT French Toast Sticks (VG) | 10 • HOT Omelet with Cheese (VG) | 11 • Yogurt with HONEY Grahams | 12 • Mini French Toast Muffin with String Cheese |
| 15 • Yogurt with CINN Grahams • Corn Chex (DF) | 16 • Blueberry Burst Whole Grain Bagel/Cream Cheese | 17 • HOT Rise & Shine Breakfast Burrito (VG) | 18 • Plain Whole Wheat Bagel with Cream Cheese | 19 • Apple Muffin |
| 22 • Multigrain Cheerios (VG) | 23 • Banana Muffin | 24 • HOT Pancakes with Syrup (VG) | 25 • HOT Omelet with Cheese (VG) | 26 • Cinnamon Raisin Bagel (VG) |
| 29 • Yogurt with Granola | 30 • Blueberry Burst Whole Grain Bagel with Cream Cheese | 31 • HOT Rise & Shine Breakfast Burrito (VG) | | |

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.