

**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed

Additional  
Purchase  
Milk .75

Breakfast is served Monday-Friday


CME  
7:45am-8:15am

OES  
8:00am-8:15am

Middle School  
7:10am-7:35am

High School  
6:40am-7:00am

Start your day  
with a healthy  
breakfast.

	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	F	3 Pancake Wrap Orange Apple Juice Syrup	4 Turkey sausage & Cheese wrap Pineapple Apple Juice	5 Cereal Yogurt Peaches Apple Juice	6 Muffin Yogurt Peaches Apple Juice	7 English Muffin Sand. Egg, Sausage, Cheese Orange Apple Juice	8
9	D	10 Cereal Yogurt Orange Grape Juice	11 Frittata Hash brown Pineapple Apple Juice	12 Cinnamon Bagel Orange Apple Juice Cream Cheese	13 Cereal Yogurt Pineapple Apple Juice	14 Pancake Wrap Orange Apple Juice Syrup	15
16	G	17 Cereal Yogurt Peaches Apple Juice	18 Cinnamon Roll Sausage Pineapple Apple Juice	19 Pancake Wrap Pineapple Apple Juice Syrup	20 Scramble Egg Hash Brown Sausage Sliced apple Apple Juice	21 Muffin Yogurt Peaches Apple Juice	22
23						29	



Happy Holidays!

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