### FALL BREAKFAST MENU 2019-20

**Dove Hill, Holly Oak, Montgomery, OB Whaley, Leyva*, Quimby Oak***

<table>
<thead>
<tr>
<th></th>
<th>Monday Lunes</th>
<th>Tuesday Martes</th>
<th>Wednesday Miercoles</th>
<th>Thursday Jueves</th>
<th>Friday Viernes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week One</strong></td>
<td>Will begin on the following weeks:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>August 21 (Wed)</td>
<td>September 9</td>
<td>September 30</td>
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<tr>
<td></td>
<td>Banana Chocolate Chunk Bar or</td>
<td>Bear Paw</td>
<td>Breakfast Burrito</td>
<td>Mini Pancakes</td>
<td>Beef Sausage Sandwich</td>
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<td></td>
<td>Honey Scooters Cereal &amp; Graham Crackers</td>
<td>or Frosted Flakes Cereal &amp; Animal Crackers</td>
<td>or Cinnamon Toasters Cereal &amp; Elf Grahams</td>
<td>or Marshmallow Mateys Cereal &amp; Belly Bear Grahams</td>
<td>or Honey Graham Toasters &amp; Scooby Doo Grahams</td>
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<tr>
<td><strong>Week Two</strong></td>
<td>Will begin on the following weeks:</td>
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<tr>
<td></td>
<td>January 22 (Tues)</td>
<td>February 11</td>
<td>March 11</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Bagel &amp; Cream Cheese or</td>
<td>Mini Cinnis</td>
<td>Breakfast Rolled Taco</td>
<td>Mini Waffles</td>
<td>Whole Grain Muffin or</td>
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<td></td>
<td>or Berry Colossal Crunch Cereal &amp; Chocolate Bear Grahams</td>
<td>or Trix Cereal &amp; Chocolate Bear Grahams</td>
<td>or Frosted Flakes Cereal &amp; Animal Crackers</td>
<td>or Honey Scooters Cereal &amp; Bug Bite Grahams</td>
<td>or Marshmallow Mateys Cereal &amp; Belly Bear Grahams</td>
</tr>
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<td><strong>Week Three</strong></td>
<td>Will begin on the following weeks:</td>
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<tr>
<td></td>
<td>September 3 (Tues)</td>
<td>September 23</td>
<td>October 14</td>
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<tr>
<td></td>
<td>Mini French Toast or</td>
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<tr>
<td></td>
<td>Cocoa Puffs Cereal &amp; Animal Crackers</td>
<td>Buttermilk Twin Bars or</td>
<td>Chorizo Sunrise Stick</td>
<td>Pancake &amp; Turkey Sausage Mini Wraps</td>
<td>Breakfast Grilled Cheese with Turkey Bacon</td>
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<td></td>
<td></td>
<td>or Cocoa Puffs Cereal &amp; Chocolate Bear Grahams</td>
<td>or Frosted Flakes Cereal &amp; Chocolate Elk Graham</td>
<td>or Cinnamon Toasters Cereal &amp; Graham Crackers</td>
<td>or Trix Cereal &amp; Scooby Doo Grahams</td>
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*A Breakfast Burritos are served as a daily student favorite at middle schools*

### What makes a Complete Breakfast?

A school breakfast consists of the following three food components:

1. Fruit
2. Grains (or optional meats/meat alt)
3. Choice of Milk

Student can decline 1 item and at least 1/2 cup of the fruit component must be selected to be complete.

### Vegetarian Options Available Daily!

Check in with your Super Lunch Lady at your school site for the vegetarian entrée of the day.

### What Makes a Complete Lunch?

USDA requires that a student select a minimum of 3 different components:

- **Fruit**, **Vegetable**, **Protein**, **Grain**, **Milk**

**A COMPLETE LUNCH MUST INCLUDE A 1/4 CUP OF FRUIT OR VEGETABLE**

### A La Carte Menu

- **Milk $0.75**
- **Water $0.75**
- **Fruit Juice $0.75**
- **Whole Grain Crackers $0.75**

No credit is extended for a la carte purchases.

### Special Menu Days

- Aug 21 – First day of school
- Sep 2 – Labor Day Holiday
- Sep 26 – No school, Staff Development Day
- Oct 3 – 2018-19 Meal Applications Expire

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**Welcome Back to School!**

**Important dates to remember:**

- Aug 21 – First day of school
- Sep 2 – Labor Day Holiday
- Sep 26 – No school, Staff Development Day
- Oct 3 – 2018-19 Meal Applications Expire

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**Available choices to go with menu items:**

- **Non-Fat Chocolate Milk**
- **1% Low-Fat White Milk**
- **100% Fruit Juice**
- **Variety fresh & canned fruits Whole Grain Grahams**

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<td>Mini Pancakes or Marshmallow Mateys Cereal &amp; Belly Bear Grahams</td>
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