



# Elementary Breakfast Menu

*Nourishing the bodies, minds, & souls of our future*

**September  
2017**

**Meal Prices**

Kindergarten	Free
Free or Reduced	Free
Full Pay Student	\$1.30
Adult	\$2.15
Milk (milk only)	\$0.50

For breakfast, students must take a ½ cup serving of a fruit or juice with their meal to qualify as a full meal.

**Nutritional Information**

Nutritional information can be found at [www.isd194.org](http://www.isd194.org) (click on Lunch Menu)

\*Denotes foods containing pork  
~Denotes foods containing peanuts

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

**Grab & Go Power Breakfast**

Grab & Go Power Breakfast is an easy grab & go option that includes a choice of whole grain cereal or whole grain baked item, and string cheese.

**Breakfast = Brain Power**

This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
4 Labor Day	5 Welcome Back! ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk	6 Breakfast Pizza OR Cereal Bundle PLUS Fruit, Juice, & Milk	7 Cheesy Omelet w/WG Toast OR Cereal Bundle PLUS Fruit, Juice, & Milk	8 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings
11 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings	12 Mini Pancakes OR Cereal Bundle PLUS Fruit, Juice, & Milk	13 Breakfast Pizza OR Cereal Bundle PLUS Fruit, Juice, & Milk	14 Warm Breakfast Sandwich OR Cereal Bundle PLUS Fruit, Juice, & Milk	15 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings
18 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings	19 French Toast Sticks w/Syrup OR Cereal Bundle PLUS Fruit, Juice, & Milk	20 Turkey Sausage & Cheese Pita OR Cereal Bundle PLUS Fruit, Juice, & Milk	21 Cheesy Omelet w/WG Toast OR Cereal Bundle PLUS Fruit, Juice, & Milk	22 No School
25 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings	26 Mini Pancakes OR Cereal Bundle PLUS Fruit, Juice, & Milk	27 Breakfast Pizza OR Cereal Bundle PLUS Fruit, Juice, & Milk	28 Warm Breakfast Sandwich OR Cereal Bundle PLUS Fruit, Juice, & Milk	29 ~Grab & Go Power Breakfast PLUS Fruit, Juice, & Milk Feature: Hot Oatmeal w/Toppings

No Nights - No Weekends - No Holidays - Summers Off

Work while your children are in school.

Subbing & part time opportunities. Apply online at [www.applitrack.com/isd194/onlineapp/default.aspx?Category=Substitute](http://www.applitrack.com/isd194/onlineapp/default.aspx?Category=Substitute)