



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Green Eggs & Ham with Toast  Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Confetti Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	6 Sliced Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers
9 Strawberry Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Pancake on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Sausage  Assorted Cereals or Cereal Bar with Graham Crackers	13 <b>No School</b>
16 Mini Strawberry Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	17 Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg, Sausage & Cheese on a Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	20 Assorted Donuts  Assorted Cereals or Cereal Bar with Graham Crackers
23 Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	24 Scrambled Cheesy Eggs With Toast  Assorted Cereals or Cereal Bar with Graham Crackers	25 Banana Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	26 Waffles with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	27 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers
30 Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers			

**What is a Meal?**  
Students must choose at least 3 of the 4 components available for the school breakfast price.  
- Choice of Whole Grain  
- Choice of Protein  
- Choice of Fruit or Vegetable  
- Choice of Milk  
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

**Whole Grain Cereals (served with graham crackers)**  
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free chocolate,

**MUASD**  
Tina Werner, General Manager  
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**Meal Prices**  
Student Breakfast Free  
Extra Breakfast \$1.50  
Faculty Breakfast \$3.00

