

Elementary Breakfast Meal

Four Items

1. Bread 2. Protein 3. Fruit 4. Milk

You may take all 4 items, but must take at least 3 items to count as a Meal. **One of the 3 items must be a fruit.** You may take two breads or one bread and one protein and one fruit and one milk.

If you do not have a fruit or vegetable it is not a meal and you will be charged ala carte, which can cost more than the full meal price and be less nutritious!

Choose Entrée (2)

(Bread), (Protein)

**1 Bagel
(2 breads)**



**2 Sm. Muffins
(2 breads)**



**1 Cereal &
1 Sm. Muffin
(2 breads)**



**French
Toast &
Sausage Patty
(1 bread, 1 meat)**



Choose Fruit (2)

(Fruit)

Fruit



4oz 100% Fruit Juice



Choose (1)

(Milk 8oz.)

