

CONTINENTAL BREAKFAST BAR

Student chooses **AT LEAST 3** items, **AND ONE ITEM MUST BE A FRUIT.**

Student can choose **UP TO 5** items total.

MILK. (1 ITEM)

CHOOSE ONE. Additional cartons charged to student account.

- 1% WHITE MILK
- CHOCOLATE SKIM MILK

FRUIT. (1 or 2 ITEMS)

MUST CHOOSE ONE, CAN TAKE BOTH.

- FRESH FRUIT
 - Daily selection will vary based on available produce; examples: apple, orange, banana, grapes, berries, melon...
- FRUIT JUICE
 - Apple
 - Berry
 - Orange/Tangerine

GRAIN. (1 ITEM)

CHOOSE ONE, ONLY ONE.

- MUFFIN
 - Blueberry
 - Banana
 - Chocolate Chip
- COLD CEREAL
 - Frosted Mini-Wheats
 - Cocoa Krispies
 - Rice Chex
 - Marshmallow Matey's
- INSTANT OATMEAL
 - Original
 - Maple & Brown Sugar
 - Apple Cinnamon

PROTEIN. (1 ITEM)

CHOOSE ONE. Students can choose more than one IF it doesn't put them OVER 5 total items.

- SAUSAGE LINK
- CHEESE OMELET
- YOGURT CUP
 - Flavor variety to vary based on available flavors; examples: raspberry, cherry, peach, strawberry-banana, blueberry...