

# Breakfast Menu

We will prepare each 3 required items in required amount: Milk, Fruit/Juice/Vegetable, Grain or Meat/Meat Alternate

For Example: 1 cup of Milk or Chocolate Milk, or 1% plain or Fat Free Milk

1 cup of Juice (Apple, Grape, Orange Juice)

1 Whole Grain Toast or Sausage or An Boiled Egg.

If You Have Any Questions You can Contact Stephanie Pagel@475-4904 or Novella Cobb @ 475-7537