

# Breakfast Simple

## June 2010



ckcgoodfood.com

### Menu C

## Menu Details

Participating in school breakfast is associated with improved math grades, attendance and punctuality.

Each 100% Real Fruit Juice serving is the equivalent to 1/2 cup fruit.

Your average daily breakfast cost is \$.94. (This does not include the cost of milk) \*\*New Items

Milk is served with breakfast every day. It is recommended to serve skim or 1% milk.

If your school food service policy is offer, students need both food items and the choice is between milk or juice for grades 7-12. Grades K-6 must take everything in order to qualify for full reimbursement.

CEREAL ON THIS MENU IS A SINGLE SERVING BOWL.

Monday	Tuesday	Wednesday	Thursday	Friday
	Whole Wheat Bagel 1 (ea) Suggestion! Peanut Butter & Assorted Jelly 100% Real Fruit Juice 1 (ea) <b>1</b> .65	Fruedal** 1 (ea) 100% Real Fruit Juice 1 (ea) <b>2</b> .85	Assorted Mini Loaves 1 (ea) Cheese Stick 1 (ea) 100% Real Fruit Juice 1 (ea) <b>3</b> .91	Chicken Sausage Biscuit 100% Real Fruit Juice 1 (ea) <b>4</b> 1.00
Choice of Assorted Cereal 1 (ea) Assorted Yogurt Choice 100% Real Fruit Juice 1 (ea) <b>7</b> 1.00	Maple Burst Pancakes 1 (ea) Syrup PC 100% Real Fruit Juice <b>8</b> .80	Breakfast Bun 1 (ea) 100% Real Fruit Juice 1 (ea) <b>9</b> .98	Honey Wheat Bagel 1 (ea) 100% Real Fruit Juice 1 (ea) <b>10</b> .65	Assorted Mini Loaf 1 (ea) Cheese Stick 1 (ea) 100% Real Fruit Juice 1 (ea) <b>11</b> .91
Cereal Bar 1 (ea) Assorted Yogurt Choice 100% Real Fruit Juice 1 (ea) <b>14</b> 1.05	Assorted Muffins 1 (ea) 100% Real Fruit Juice 1 (ea) <b>15</b> .95	Plain Bagel 1 (ea) Strawberry Cream Cheese 100% Real Fruit Juice 1 (ea) <b>16</b> .65	Choice of Assorted Cereal Cheese Stick 1 (ea) 100% Real Fruit Juice 1 (ea) <b>17</b> 1.00	Chicken Sausage Biscuit 100% Real Fruit Juice 1 (ea) <b>18</b> 1.00
Choice of Assorted Cereal 1 (ea) Mini Bagel 100% Real Fruit Juice 1 (ea) <b>21</b> 1.00	Fruedals 1 (ea) 100% Real Fruit Juice 1 (ea) <b>22</b> .85	Assorted Muffins 1 (ea) 100% Real Fruit Juice 1 (ea) <b>23</b> .95	Cereal Bar 1 (ea) Assorted Yogurt Choice 100% Real Fruit Juice 1 (ea) <b>24</b> 1.05	Egg & Cheese Biscuit 1 (ea) 100% Real Fruit Juice 1 (ea) <b>25</b> 1.00
Cereal Bar 1 (ea) Assorted Yogurt Choice 1 (ea) 100% Real Fruit Juice 1 (ea) <b>28</b> 1.05	Honey Wheat Bagel 1 (ea) 100% Real Fruit Juice 1 (ea) <b>29</b> .65	Whole Grain Waffle 1 (ea) 100% Real Fruit Juice 1 (ea) <b>30</b> .80		