



WINTER 2018-19



Hamilton Local Breakfast Menu Grades 7-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>News</p> <p>Breakfast is offered at no cost.</p> <p>Breakfast consists of three components.</p> <p>A food component is one of the three food groups that comprise a reimbursable breakfast.</p> <p>These are grains (with optional meat/meat alternate allowed); fruit/vegetable; and milk.</p> <p>Students may decline one food item.</p> <p>A food item is a specific food offered within the three food components.</p> <p>Students must take at least three items, and one must be a fruit or a juice.</p> <p>Menu is subject to change.</p>
<p>#1</p> <p>Cereal on the Go Cheese Stick Juice Fruit Milk</p>	<p>Muffin Raisins Fruit Milk</p>	<p>Cinnamon Crisps Yogurt Juice Fruit Milk</p>	<p>French Toast Juice Fruit Milk</p>	<p>Benefit Bar Juice Fruit Milk</p>	
<p>#2</p> <p>Chex Mix Cheese Stick Juice Fruit Milk</p>	<p>Pancakes Juice Fruit Milk</p>	<p>Mini Blueberry Loaf Cheese Stick Juice Fruit Milk</p>	<p>Cinnamon Swirls Juice Fruit Milk</p>	<p>Nutri Grain Bar Cheese- its Crackers Juice Fruit Milk</p>	
<p>#3</p> <p>Crunch Mania Juice Fruit Milk</p>	<p>Waffles Juice Fruit Milk</p>	<p>Cheese Stick Jurassic Park Graham Crackers Juice Fruit Milk</p>	<p>Cherry Apple Crunch Bar Juice Fruit Milk</p>	<p>Granola Bites Yogurt Juice Fruit Milk</p>	
<p>#4</p> <p>Oatmeal Bar Goldfish Crackers Juice Fruit Milk</p>	<p>Zucchini Bread Juice Fruit Milk</p>	<p>Pop Tarts Juice Fruit Milk</p>	<p>W/G Super Donut Juice Fruit Milk</p>	<p>Cheese Stick Jungle Crackers Juice Fruit Milk</p>	
<p>#5</p> <p>Yogurt Bug Bites Juice Fruit Milk</p>	<p>Iced Cinnamon Bar Goldfish Crackers Juice Fruit Milk</p>	<p>Apple Frudel Juice Fruit Milk</p>	<p>Bagel w/ Cream Cheese Juice Fruit Milk</p>	<p>Cocoa Cherry Bar Juice Fruit Milk</p>	