



WINTER 2018-19



Hamilton Local Breakfast Menu Grades K-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p align="center"><u>News</u></p> <p>Breakfast is offered at no cost.</p> <p>Breakfast consist 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; & 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, & one must be a fruit or juice.</p> <p align="center"><i>Menu is subject to change.</i></p>
#1 Cereal on the go Cheese Stick Juice Fruit Milk	Blueberry Mini Loaf Raisins Fruit Milk	Elf Grahams Yogurt Juice Fruit Milk	W/G Cake Donut Juice Fruit Milk	Ultimate Breakfast Round Juice Fruit Milk	
#2 Honey Oat Graham Crackers Cheese Stick Juice Fruit Milk	Muffin Juice Fruit Milk	Chex Mix Yogurt Juice Fruit Milk	Cinnamon Swirls Juice Fruit Milk	Nutri Grain Bar Goldfish Colors Juice Fruit Milk	
#3 Cheese Stick Cheese- it Crackers Juice Fruit Milk	Bagel w/ Cream Cheese Juice Fruit Milk	Cinnamon Crisps Yogurt Juice Fruit Milk	Dunkin Stick Juice Fruit Milk	Iced Cinnamon Bar Juice Fruit Milk	
#4 Oatmeal Bar Goldfish Crackers Juice Fruit Milk	Banana Mini Loaf Juice Fruit Milk	Granola Bites Yogurt Juice Fruit Milk	Apple Cherry Crunch Bar Juice Fruit Milk	Honey Bun Goldfish Crackers Cheese Stick Juice Fruit Milk	
#5 Bug Bites Yogurt Juice Fruit Milk	Muffin Juice Fruit Milk	Pop Tart Juice Fruit Milk	Jurassic Park Graham Crackers Cheese Stick Juice Fruit Milk	Cocoa Cherry Bar Juice Fruit Milk	