



Free Breakfast to All Students

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and a variety of milk choices.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>Choose 2 Scooby-Doo Graham Stix</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p>Must take a Juice or Fruit</p> <p>Optional Milk, Skim, 1% or Chocolate</p> | <p>Choose 2 Bug Bites Graham Crackers</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p>Must take a Juice or Fruit</p> <p>Optional Milk, Skim, 1% or Chocolate</p> | <p>Choose 2 WG Blueberry Muffin</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p>Must take a Juice or Fruit</p> <p>Optional Milk, Skim, 1% or Chocolate</p> | <p>Choose 2 Cinnamon Goldfish Grahams</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p>Must take a Juice or Fruit</p> <p>Optional Milk, Skim, 1% or Chocolate</p> | <p>Choose 2 Scooby-Doo Graham Stix</p> <p>Cereal Variety</p> <p>Cereal Bar Variety</p> <p>Nutra Grain Bar Variety</p> <p>Cheese Stick</p> <p>Trix Yogurt</p> <p>Must take a Juice or Fruit</p> <p>Optional Milk, Skim, 1% or Chocolate</p> |

Student will choose 2 breakfast items **AND** a juice or fruit. Milk is optional.

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school. Our guidelines:

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to www.EatLearnLive.com

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