## **CHOICE OF ENTREE OR CEREAL**

## CVHS GRAB & GO BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Peanuts!!		1	2
	Pork* Beef#			
	Whey+ Soy\$		Ultimate Brkfst Bar ^+%\$@	Apple Cinn Muffin ^+%
	Corn> Wheat+		WG Cereal w/String Cheese ^+@	WG Cereal w/String Cheese ^+@
	Milk@ Gluten^		Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Eggs% Fish		Juice - Milk @	Juice - Milk @
	288370			
5	6	7	8	9
Whole Grain Bagel^+			Whole Grain Bagel^+	
Cream Cheese @	Ch Chip Muffin ^+\$ %@	Apple Brkfast Bites %\$^+@	Cream Cheese @	WG Vanilla Brkfst Sq ^+%
Peanut Butter!!	WG Cereal w/String Cheese ^+@	WG Cereal w/String Cheese ^+@	Peanut Butter !!	WG Cereal w/String Cheese ^+@
WG Cereal w/String Cheese ^+@	Seasonal Fresh Fruit	Seasonal Fresh Fruit	WG Cereal w/String Cheese ^+@	Seasonal Fresh Fruit
Seasonal Fresh Fruit	Juice - Milk @	Juice - Milk @	Seasonal Fresh Fruit	100% Fruit Juice - Milk @
Juice - Milk @			Juice - Milk @	
12	13	14	15	16
Whole Grain Bagel^+				
Cream Cheese @	Pillsbury Cinnis ^+@	Cinnamon Crumble	Ultimate Brkfst Bar ^+%\$@	Apple Cinn Muffin ^+%
Peanut Butter!!	WG Cereal w/String Cheese ^+@	Cake ^+%	WG Cereal w/String Cheese ^+@	WG Cereal w/String Cheese ^+@
WG Cereal w/String Cheese ^+@	Seasonal Fresh Fruit	WG Cereal w/String Cheese ^+@	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Seasonal Fresh Fruit	Juice - Milk @	Seasonal Fresh Fruit	Juice - Milk @	Juice - Milk @
Juice - Milk @		Juice - Milk @		

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.