

## Elementary Breakfast Menu

| Mon  | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
| French Toast Stix<br>Sausage Link<br>Fruit Choice & Milk | Bacon, Egg & Cheese<br>on an WG Bagel<br>Fruit Choice & Milk | Waffle Stix<br>Sausage Link<br>Fruit Choice & Milk | Egg & Cheese Omelet,<br>Bacon, Toast<br>Fruit Choice & Milk | Pancakes<br>Sausage Link<br>Fruit Choice & Milk |

## High School Breakfast Menu

| Mon   | Tue   | Wed   | Thu   | Fri   |
|---|---|---|---|---|
| Meat, Egg & Cheese<br>on an English Muffin<br>Fruit Choice & Milk | Breakfast Burrito<br>Or<br>Biscuit and gravy<br>Fruit Choice & Milk | Sausage & Cheese<br>on a Biscuit<br>Fruit Choice & Milk | Waffle<br>Sausage link<br>Fruit Choice & Milk | Meat, Egg & Cheese<br>on a Bagel<br>Fruit Choice & Milk |

### Daily Breakfast offerings

\*Grab & Go Meals:  
Cereal bar, yogurt & fruit.

\*Cereal w/ bread

Milk Choice

1% white milk

Fat free chocolate milk

### Breakfast Serving Times

Elementary: 7:15am – 8:00am

Middle & High: 7:45 -8:05am

### Latchkey Snack

We have snack time each afternoon. If your child would like to participate in snack time, you can send a snack from home or elect to purchase a snack through the Cafeteria.

#### Beverage (1)

100% juice

1% White Milk

Fat Free Choc. Milk

#### Protein (1)

Cheese Stick

Yogurt

#### Grain (1)

Muffin

Popcorn

Bug Bites

Pop tarts

Assorted Crackers

#### Fruit (1)

Apple

Oranges

\*Snacks include 2 items from any of the food group components listed above.

\*All snacks served from our cafeteria meet the nutritional guidelines set by USDA.

#### Snack Prices

\$1.00

Reduced: \$0.15

Extras \$0.50

### Elementary School

#### Prices

Students: Free

Adult BRK: \$3.00

### Middle & High School

#### Prices

Students: Free

Adult BRK: \$3.00

### Free & Reduced Applications

- Available in the office
- For online Applications contact Valerie Baker at [vbaker@newlothrop.k12.mi.us](mailto:vbaker@newlothrop.k12.mi.us).

\*Do you want to track your child's purchases, balance and deposit money on to their food service account. Contact Valerie Baker at [vbaker@newlothrop.k12.mi.us](mailto:vbaker@newlothrop.k12.mi.us). And ask how.

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