

**ELEMENTARY BREAKFAST MENU  
AUGUST 2013**

**USDA 2013-14 REG**

1 grain plus 1 grain or 1 mma

and 1/2 c fruit/juice

and 8 oz milk

students must choose 3 of 4

	Monday	Comp		Tuesday	Comp		Wednesday	Comp		Thursday	Comp		Friday	Comp	
<b>Wk</b>															
<b>1</b>															
	Fiona Granola, 1 oz/ 1/4 c	1	G	Udi Banana Muffin, 2 oz	1	G	Moe's Bagel	2	G	Cherry Apple Bar	2	G	Udi Blueberry Muffin, 2 oz	1	G
	Bulk Vanilla Yogurt, 4 oz	1	MMA	String Cheese, 1 oz	1	MMA	Cream Cheese						String Cheese, 1 oz	1	MMA
	Fruit 1/2 c	1	F	Fruit 1/2 c	1	F	Juice (4oz)	1	F	Fruit 1/2 c	1	F	Fruit 1/2 c	1	F
	milk 8 oz	1	Milk	milk 8 oz	1	Milk	milk	1	Milk	milk 8 oz	1	Milk	milk 8 oz	1	Milk
<b>2</b>															
	Oats n Honey Cereal, 1 oz	1	G	Evol Bkfst Burrito, 3 oz	1.5	G	Moe's Bagel	2	G	Fiona Granola, 1 oz/ 1/4 c	1	G	Udi Muffin, 2 oz	1	G
	String Cheese, 1 oz	1	MMA		1	MMA	Cream Cheese			Bulk Vanilla Yogurt, 4 oz	1	MMA	String Cheese, 1 oz	1	MMA
	Fruit 1/2 c	1	F	Juice (4oz)	1	F	Juice (4oz)	1	F	Fruit 1/2 c	1	F	Fruit 1/2 c	1	F
	milk 8 oz	1	Milk	milk	1	Milk	milk 8 oz	1	Milk	milk 8 oz	1	Milk	milk 8 oz	1	Milk