



Central and Fillmore Elementary
Adult Breakfast: \$2.50



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VARITY OF FRESH FRUITS AVAILABLE DAILY 2</p>	<p>ALL MEALS MUST INCLUDE A ½ CUP OF FRUIT OR VEGETABLE TO QUALIFY AS A MEAL 3</p>	<p>Pop Tarts and Cereal available daily as an alternative to the main entrée. 4</p>	<p>5</p>	<p>6</p>
<p>9</p>	<p>Welcome Back To School 10</p>	<p>Cinni Minis Choice of Fruit Fruit Juice Milk 11</p>	<p>Mini Pancakes Choice of Fruit Fruit Juice Milk 12</p>	<p>Cheesy Scrambled Eggs Toast Choice of Fruit Fruit Juice Milk 13</p>
<p>Mini Powdered or Chocolate Donuts Choice of Fruit Fruit Juice Milk 16</p>	<p>Blueberry Muffin Choice of Fruit Fruit Juice Milk 17</p>	<p>French Toast Sticks Choice of Fruit Fruit Juice Milk 18</p>	<p>Breakfast Pizza Choice of Fruit Fruit Juice Milk 19</p>	<p>Biscuits & Gravy Choice of Fruit Fruit Juice Milk 20</p>
<p>Double Chocolate Chip Muffin Choice of Fruit Fruit Juice Milk 23</p>	<p>National Waffle Day Mini Waffles Choice of Fruit Fruit Juice Milk 24</p>	<p>Strawberry Cream Cheese Bagel Choice of Fruit Fruit Juice Milk 25</p>	<p>Breakfast Corndog Choice of Fruit Fruit Juice Milk 26</p>	<p>Cheesy Scrambled Eggs Toast Choice of Fruit Fruit Juice Milk 27</p>
<p>Mini Powdered or Chocolate Donuts Choice of Fruit Fruit Juice Milk 30</p>	<p>Dutch Waffle Choice of Fruit Fruit Juice Milk 31</p>	<p>32</p>	<p>Non-Discrimination Statement: This institution is an equal opportunity provider.</p>	