

CV Elementary Breakfast Menu

2009-2010



In keeping with the USDA Dietary Guidelines and MyPyramid, we are pleased to introduce Breakfast BREAKS and Morning Jump - Starts. The meals are conveniently served in a ready-to-eat "grab 'n go" pack. 7 different menu varieties will be offered daily. Each boxed meal includes a cereal bowl pack, a serving of 100% fruit juice, and another bread/grain component. Choice of milk is also offered.

Breakfast BREAKS

General Mills Cocoa Puffs®
General Mills Cheerios®
General Mills Cinnamon Toast Crunch®
General Mills Lucky Charms®

Morning Jump-Starts

Kellogg's® 1/3 less Sugar Frosted Flakes®
Kellogg's® 1/3 less Sugar Apple Jacks®
Kellogg's® Froot Loops®

Price

Student: \$1.50

Reduced: \$0.30

Milk ONLY: \$0.50

