



Breakfast in the Classroom

Empire
August 2018

		1	2	3
6	7	8	9	10
13	14	15	16	17
20 WG Blueberry Muffin w/ String Cheese Applesauce Cup	21 WG Cereal w/ Animal Crackers 100% Fruit Juice	22 Mini Strawberry Pancakes Fresh Banana	23 Apple Cinnamon Muffin w/ Strawberry Banana Yogurt Strawberry Craisins	24 Cherry Frudel 100% Apple Juice
27 WG Benefit Bar Applesauce Cup	28 Chocolate Filled Crescent Apple Wedges	29 Maple Blueberry Waffles 100% Orange Juice	30 Apple Cinnamon Muffin w/ Strawberry Banana Yogurt Strawberry Craisins	31 WG Cereal w/ Animal Crackers 100% Apple Juice

More info...

All Grains are Whole Grain
Students will be asked to choose at least 3 items daily. 1 item must be a fruit choice.

More info...

Meal Prices

Breakfast - \$1.50 Lunch - \$2.85
NO Charge for Students at Empire

Grab a milk

1% low fat & unflavored/
flavored fat-free choices