



MORNING BREAK CAFE

2022 - 2023

Healthy food.
Successful students.
FOOD & NUTRITION SERVICES
www.sandi.net/food

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OPTION #1</p> <ul style="list-style-type: none"> ● Whole Grain Cinnamon Roll <p>OPTION #2</p> <ul style="list-style-type: none"> ● Assorted Cereal Graham Crackers <p>SIDES</p> <ul style="list-style-type: none"> ● 100% Fruit Juice ● Fresh Fruit Selection ● 1% White Milk or Non-fat Chocolate Milk (optional) 	<p>OPTION #1</p> <ul style="list-style-type: none"> ● Turkey & Cheese Roll-up <p>OPTION #2</p> <ul style="list-style-type: none"> ● Fruit & Yogurt Parfait <p>SIDES</p> <ul style="list-style-type: none"> ● 100% Fruit Juice ● Fresh Fruit Selection ● 1% White Milk or Non-fat Chocolate Milk (optional) 	<p>OPTION #1</p> <ul style="list-style-type: none"> ● Chicken & Waffle Sandwich <p>OPTION #2</p> <ul style="list-style-type: none"> ● Assorted Cereal Graham Crackers <p>SIDES</p> <ul style="list-style-type: none"> ● 100% Fruit Juice ● Fresh Fruit Selection ● 1% White Milk or Non-fat Chocolate Milk (optional) 	<p>OPTION #1</p> <ul style="list-style-type: none"> ● Farmer's Market Fat Cat Bar <p>OPTION #2</p> <ul style="list-style-type: none"> ● Fruit & Yogurt Parfait <p>SIDES</p> <ul style="list-style-type: none"> ● 100% Fruit Juice ● Fresh Fruit Selection ● 1% White Milk or Non-fat Chocolate Milk (optional) 	<p>OPTION #1</p> <ul style="list-style-type: none"> ● Sunrise Breakfast Burrito <p>OPTION #2</p> <ul style="list-style-type: none"> ● Assorted Cereal Graham Crackers <p>SIDES</p> <ul style="list-style-type: none"> ● 100% Fruit Juice ● Fresh Fruit Selection ● 1% White Milk or Non-fat Chocolate Milk (optional)

COMPONENTS

- Vegetable
- Fruit
- Meat/Meat Alternative
- Grain
- Milk

NUTRITION/ALLERGENS



This institution is an equal opportunity provider
Menus are subject to change.

Morning Break Cafe
2022-2023
Grade K-12

Rev. Date 06/30/2022