

LAUREL BREAKFAST MENU

2022- 2023



Whole Grain Cereals

Cinnamon Toast Crunch* Trix*
Lucky Charms* Cheerios
* Reduced Sugar

Whole Grain Muffins

Apple Cinnamon Blueberry Chocolate Chip

Grain Alternates

String Cheese Assorted Yogurt

Fruits and Juices (100%)

Apple Juice Orange Juice Fruit Punch Juice
Whole Apples Whole Oranges
Assorted Cupped Fruit

Milk (8 oz.)

White Non-fat Milk 1% White Milk
Fat-Free Chocolate Milk Fat-Free Strawberry Milk
Lactose-Free Milk Soy Milk [upon written request]

A complete breakfast consists of one or two grains, fruit, fruit juice and a choice of milk.

Students must take at least three items from at least two different groups.

A fruit or 100% fruit juice must be taken with each breakfast.