

# METACOMET BREAKFAST MENU

2022- 2023



## Whole Grain Cereals

Cinnamon Toast Crunch\*      Trix\*  
Lucky Charms\*      Cheerios      Cocoa Puffs  
\* Reduced Sugar

## Whole Grain Muffins

Apple Cinnamon      Blueberry      Chocolate Chip

## Grain Alternates

String Cheese      Assorted Yogurt      Sunflower Seeds

## 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.