# Yellow Springs Exempted Schools Breakfast Menu

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1. Sausage and Cheese Muffin or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 2. 2 Hour Late Start  
No Hot Breakfast | 3. Warm Waffles with Syrup or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 4. Breakfast Pizza or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | |
| 7. French Toast & Sausage or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 8. Pancake on a stick or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 9. Egg and Cheese on English Muffin or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 10. Sausage Gravy Biscuit or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | |
| 14. Cheddar Cheese Omelet or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 15. Sausage and Cheese Muffin or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 16. 2 Hour Late Start  
No Hot Breakfast | 17. Warm Waffles with Syrup or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | |
| 21. French Toast & Sausage or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 22. Pancake on a stick or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 23. Egg and Cheese on English Muffin or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 24. Sausage Gravy Biscuit or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | |
| 28. Cheddar Cheese Omelet or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 29. Sausage and Cheese Muffin or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 30. Egg and Cheese on Bagel or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | 31. Warm Waffles with Syrup or Assorted WG Cereal  
Assorted 100% Fruit Juice or Fruit  
Low Fat Milk | |

**What Makes a Breakfast Meal?**

You must choose at least 3 of 4 components available for the school breakfast price.
- Entrée, 1 Cup Fruit, and 1/2 Pint Milk
- Middle & High School Alternate Options May Include:
  - Banana or Blueberry Muffins
  - Chocolate Chip Oatmeal Breakfast Bar
  - Warm Grab & Go Breakfast Sandwiches
  - Fortified Breakfast Pastries
  - Warm Bagels
  - Yogurt & Toast

- Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

**Milk Choices Offered Daily**

- Fat Free Chocolate, Fat Free White and Low Fat White

**Meal Prices:**
- Paid $1.25
- Reduced $.30

*The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE*