Chardon Local Schools



Grab N' Go BREAKFAST MENU October-December 2022

Making Healthy Fun

Bre	akfast Menu #1													
	Mini WG			Pillsbury Mini			Whole grain			4 oz. Yogurt Cup	1oz -M/M		WG Muffin	1oz- WG
	Donuts	2 oz- WG	day	Cinnis Bites	2 oz-WG	Vednesda	Cherry Cocoa Bar	2 oz-WG		Grahams	1oz- WG		String Cheese	1oz- M/M
	Asst. Fruit Juice	1/2c- F		Asst. Fruit Juice	1/2c- F		Asst. Fruit Juice	1/2c- F	day	Asst. Fruit Juice	1/2c- F		Asst. Fruit Juice	1/2c- F
bug	Chilled Fruit	1/2c- F		Chilled Fruit	1/2c- F		Chilled Fruit	1/2c- F	hurs	Chilled Fruit	1/2c- F	iday	Chilled Fruit	1/2c- F
ž	Milk Variety	8 oz- M	_₽	Milk Variety	8 oz- M		Milk Variety	8 oz- M		Milk Variety	8 oz- M	ŗ	Milk Variety	8 oz- M
Bre	Breakfast Menu # 2													
	Asst. WG Cereal	1 oz -WG	uesday	WG Mini		Vednesday	4 oz. Yogurt Cup	1oz- M/M		String Cheese	1oz- WG		Whole Grain	
	String Cheese	1oz- M/M		Pancakes	2 oz- WG		Grahams	1 oz -WG		WG Pop tart	1oz- M/M		Cherry Cocoa Bar	2 oz WG
ay	Asst. Fruit Juice	1/2c- F		Asst. Fruit Juice	1/2c- F		Asst. Fruit Juice	1/2c- F	hurso	Asst. Fruit Juice	1/2c- F	>	Asst. Fruit Juice	1/2c F
lond	Chilled Fruit	1/2c- F		Chilled Fruit	1/2c- F		Chilled Fruit	1/2c- F		or Chilled Fruit	1/2c- F	riday	Chilled Fruit	1/2c F
	Milk Variety	8 oz- M		Milk Variety	8 oz- M		Milk Variety	8 oz- M		Milk Variety	8 oz- M	11	Milk Variety	8 oz- M
	Breakfast Prices: Student: \$1.75 Adult: \$2.75													

	October 2022								
М	Т	w	T	F					
3	4	5	6	7					
10	11	12	13	14					
17	18	19	20	21					
24	25	26	27	28					
31									

	N	ovember 2022		
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

Extra Milk \$.50

December 2022								
M	Т	w	T	F				
			1	2				
5	6	7	8	9				
12	13	14	15	16				
19	20	21	22	23				
26	27	28	29	30				



Breakfast

PreK – 12th Grade

Fruit - 1 cup

Grains - 1 oz

Milk - 1 cup

For breakfast, each plate must have at least 3 items and 1 item must be a fruit. 4 items must be offered to students each breakfast.

This institution is an equal opportunity provider.