



Simsbury Nutrition Services invites you to join us for breakfast every morning !

STUDENTS MAY SELECT FOUR OF FIVE ITEMS BUT MUST TAKE THREE INCLUDING AT LEAST ONE HALF CUP FRUIT CHOICE.

GRAIN & PROTEIN CHOICES

Pick One *or* Two:

- Assorted Whole Grain Reduced Sugar Cereal
- Assorted Whole Grain Muffins & Breads
- Assorted Whole Grain Pastries & Snacks (when available)
- Assorted Whole Grain Mini Waffles, Pancakes or French Toast
- Assorted Low Fat Yogurt
- Low Fat String Cheese

FRUIT CHOICES

May take one juice and one fruit or two fruits
but must select at least on serving of fruit or juice

- Assorted 100% Fruit Juice
- Selection of Fresh and Canned Fruits

MILK CHOICES

Pick One:

- Low or Fat Free Unflavored Milk
- Fat Free Chocolate or Strawberry Flavored Milk

