



# 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 one 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



Breakfast is \$2.00 for full paying students, \$0.30 for those qualifying for reduced meals and free for those qualifying for free meals. Students will use their meal account to purchase breakfast. Please pay by cash, check (made payable to "Simsbury Public Schools Cafeterias") or online at [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com).