



SUMMER 2022 - EEC Breakfast Menus

MENUS ARE SUBJECT TO CHANGE

Summer Breakfasts will be served in selected sites during the months of June through August.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deluxe Cereal Bowl - V Fruit Juice Got Milk	Cheese Stuffed Pocket - V Fresh Fruit Got Milk	Buttery Maple Waffle - V Fruit Juice Got Milk	Deluxe Cereal Bowl - V Fresh Fruit Got Milk	Fiesta Bean & Cheese Burrito - V Fresh Fruit Got Milk

VERANO 2022 - Menús Desayuno EEC

Los desayunos de verano se servirán en sitios seleccionados durante los meses de junio a agosto.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Cereal - V Jugo de Fruta Leche	Pan Dulce de Canela - V Fruta Leche	Waffle con Miel Maple - V Jugo de Fruta Leche	Cereal - V Fruta Leche	Burrito de Frijoles y Queso - V Fruta Leche

All of the Grain/Bread items served are Whole Grain Rich.

Per USDA, students **MUST** take at least 3 components as part of their lunch.

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

Fresh Fruit: Apple Slices, Apple, Orange, Peach, Nectarine

Deluxe Cereal Choices: Rice Chex, Blueberry Chex, Cinnamon Chex, Cinnamon Toast Crunch, Honey Cheerios, Honey Bunches of Oats

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