



BREAKFAST

2022-2023



Su	Mon	Tue	Wed	Thu	Fri	Sat
	Breakfast is served daily, but ONLY from 7:30am to 7:45am. STUDENTS <u>MUST</u> <u>SELECT</u> <u>THREE</u> ITEMS — ONE must be a Fruit or Juice					
	GRAINS:	CHOICE OF:	-Cereal bowl (assorted flavors)	-Pop Tart -Cereal Bar	-Graham Crackers or Graham Snacks (assorted flavors)	
	FRUIT:	CHOICE OF:	-Seasonal Fresh Fruit (as available) -Fruit Cup (assorted fruits) -Apple Sauce			
	JUICE:	CHOICE OF:	-Juice Box (assorted flavors) -Orange Juice			
	MILK:	CHOICE OF:	- 1% White Milk - Fat Free White Milk - Fat Free Chocolate Milk			

Holy Spirit School participates in the National School Lunch Program which allows the school to provide free and reduced-price meals to qualifying families. Reduced-price breakfasts are \$.35 each and lunches are \$.40 each. A la Carte milks and extra entrees are charged at regular price, regardless of payment status. *This institution is an equal opportunity provider. ***Items offered in each category may vary by day and are subject to availability.*