

26
Apple Muffin
Pears

side items

100% Fruit Juice
1% White milk or FF Flavored Milk

27
Egg & Cheese on an English Muffin
Pineapple

side items

100% Apple juice
1% White milk or FF Flavored Milk

28
Omelet Wrap
Apple

side items

100% Orange Juice
1% White milk or FF Flavored Milk

1
English Muffin w/Jelly
Raisins

side items

100% Apple juice
1% White milk or FF Flavored Milk

2
Yogurt Parfait w/Granola
Orange Wedges

side items

100% Fruit Juice
1% White milk or FF Flavored Milk

5
Blueberry Muffin
Peaches

side items

100% Orange Juice
1% White milk or FF Flavored Milk

6
Ham, Egg & Cheese on an English Muffin
Mixed Fruit

side items

100% Apple juice
1% White milk or FF Flavored Milk

7
Reduced Sugar Lucky Charms Cereal
Applesauce

side items

100% Fruit Juice
1% White milk or FF Flavored Milk

8
Egg & Cheese on a bagel
Craisins

side items

100% Orange Juice
1% White milk or FF Flavored Milk

9
Locally produced Shri Bark
Banana

side items

100% Apple juice
1% White milk or FF Flavored Milk

12
Cinnamon Chex Cereal
Apple

side items

100% Orange juice
1% White milk or FF Flavored Milk

13
Sausage Melt on a bagel
Raisins

side items

100% Mixed Fruit juice
1% White milk or FF Flavored Milk

14
Breakfast Pizza
Mixed Fruit

side items

100% Apple juice
1% White milk or FF Flavored Milk

15
Egg & Cheese on a biscuit
Peaches

side items

100% Mixed Fruit juice
1% White milk or FF Flavored Milk

16
Yogurt Parfait w/Granola
Banana

side items

100% Orange Juice
1% White milk or FF Flavored Milk

19
Blueberry Muffin
Pineapple

side items

100% Apple juice
1% White milk or FF Flavored Milk

20
Bacon, Egg & cheese on a bagel
Raisins

side items

100% Mixed Fruit juice
1% White milk or FF Flavored Milk

21
Omelet w/Biscuit
Pears

side items

100% Orange Juice
1% White milk or FF Flavored Milk

22
English Muffin w/Jelly
Apple

side items

100% Apple juice
1% White milk or FF Flavored Milk

23
Locally produced Shri Bark
Orange Wedges
1

side items

100% Fruit Juice
1% White milk or FF Flavored Milk

26
Banana Muffin
Applesauce

side items

100% Orange Juice
1% White milk or FF Flavored Milk

27
WG Cinnamon Raisin Bagel
Low fat Cream cheese
Peaches

side items

100% Fruit Juice
1% White milk or FF Flavored Milk

28
Breakfast Pizza
Mixed Fruit

side items

100% Apple juice
1% White milk or FF Flavored Milk

29
Reduced Sugar Froot Loops Cereal
Banana

side items


100% mixed fruit juice
1% White milk or FF Flavored Milk

30
Good Friday

side items



What Makes a Breakfast??
3 items, one of them must be a fruit or juice.

 Local ingredients are always used when in season

 Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Make your server aware of any food allergies!



Free/Reduced Applications

Any time your financial situation changes you can submit a free/reduced lunch application.



Universal Free!

All Cranston students are entitled to free breakfast



Contact Us:

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