

Start Your Day with a Healthy Breakfast

Monday: Yogurt and Choice of Cereal
(available every day)
Fruit/Juice
Milk



Tuesday: Bagel with Cream Cheese or PB&J
Fruit/Juice
Milk



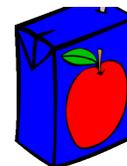
Wednesday: Egg & Cheese on a Hard Roll
Fruit/Juice
Milk



Thursday: Homemade Muffin
Fruit/Juice
Milk



Friday: Egg & Cheese on English Muffin
Fruit/Juice
Milk



Additional breakfast items available; selection varies daily.

Try our fresh baked muffins, bagels with cream cheese, assorted cereal, fresh fruit, & more...

Arlington offers 4 components for your daily breakfast

- Grain (1 serving)
- Protein (1 serving)
- Fruit/Juice (1 cup serving includes maximum ½ cup juice)
- Milk (1 cup)

Current USDA requirements state that students must take 2 of these 4 components including 1 cup fruit and either grain or milk to qualify for a reimbursable breakfast meal.

***See Website for Nutritional Information and Link to Credit Card Payments: www.arlingtonschools.org
This organization is an equal opportunity provider and employer.***

Updated 7/19/2019