

St. Christopher Breakfast Menu

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal Bar Strawberry Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	3 Pop Tarts - Fudge Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	4 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	5 Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	6 Chocolate Swirls Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton
9 Cinnamon Toast Crunch Bar Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	10 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	11 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	12 Blueberry Muffins Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	13 Snackn Waffles Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton
16 Lemon Bread Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	17 Pop Tarts - Cinnamon Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton	18 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk - Blue Carton Upstate Fat Free Milk - Pink Carton 	19 	20
23 	24	25	26	27 
30	<p>PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.</p> <p>This institution is an equal opportunity provider. Menu is subject to change.</p>			

WHAT IS IN A BREAKFAST???

Grains, Meat/Meat Alternate, Vegetables, Fruits, and Milk.

Students MUST take 3 full items including 1/2 cup fruit.

