



## **GRAB & GO - Breakfast Menu**

### **Matawan-Aberdeen Elementary Schools K-5**

#### **MONDAY**

##### **Pop-Tart**

Served w/ Fruit, Juice, and low-fat Milk

#### **TUESDAY**

##### **Cereal Bar**

Served w/ Fruit, Juice, and low-fat Milk

#### **WEDNESDAY**

##### **Whole Grain Bagel w/ Cream Cheese**

Served w/ Fruit, Juice, and low-fat Milk

#### **THURSDAY**

##### **Cereal**

Served w/ Fruit, Juice, and low-fat Milk

#### **FRIDAY**

##### **Whole Grain Muffin**

Served w/ Fruit, Juice, and low-fat Milk