

**Meal Prices:**

Mountain Vista Campus  
 Breakfast.....\$1.00  
 Lunch.....\$1.75

Oracle Ridge Campus  
 Breakfast.....85 cents  
 Lunch.....\$1.50

**Adult Breakfast.....\$1.25**  
**Adult Lunch .....\$2.50**

**Ala Carte Milk: .35 cents**

**Breakfast Includes:**

The daily special plus assorted cereals, juice and milk.

**Mon. and Wed.:** Cream of Wheat  
**Tues. and Fri. :** Oatmeal

**Offered Daily at Lunch:**

1% or Fat Free White Milk  
 Fat Free Chocolate Milk  
 1% Strawberry Milk

Fruit and Vegetable are offered at all lunches.

**Mon., Wed., & Fri.:**

There will be an alternate choice of salad with assorted toppings and dressings.

In accordance with Federal Law and U.S. Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion or disability.



**We realize that sometimes students forget lunch money. Students can charge up to \$5.00, after this a cheese sandwich, fruit and milk will be offered.**

**Oracle Elementary District  
 Breakfast Menu  
 November 2009**

**Healthy Eating Tips for Kids**

1. Food is fun. Enjoy your food.
2. Breakfast is a very important meal.
3. Eat lots of different foods every day, variety is the recipe for health.
4. Gimme five! Eat fruits and vegetables with each meal and as a tasty snack.
5. Get moving! Be active every day.
6. Quench your thirst. Drink plenty of liquids.
7. Care for those teeth! Brush your teeth at least twice a day.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pancakes w/syrup	3 Breakfast Bagel	4 Poptart	5 Cinnamon Roll	6 French Toast Stix w/ syrup	7
8	9 churro	10 Nutri-Grain Bar	11 Veteran's Day No School	12 Strudel Stick	13 Egg and Cheese Burrito	14
15	16 Breakfast Cookie	17 Bagel w. cream cheese	18 Yogurt	19 Cinnamon Roll	20 Pancake and Sausage on a stick	21
22	23 Choc. Chip or Blueberry muffin	24 Waffles w/ syrup	25			28
29	30 Chewy Granola Bar					