

# Regional District 13

## Elementary Schools

Brewster, John Lyman & Memorial



*Fuel Up your day with  
School breakfast!!*

### Daily Breakfast Choices:

#### **Option #1- Jump Start Breakfast Break:**



- includes; Choice of WG Cereal, String Cheese, Fruit Juice box, Teddy Graham crackers, assorted seasonal fruit and choice of milk.

#### **Option #2- Trix 4 oz. yogurt**



- includes; WG-Cereal bar, juice box, assorted seasonal fruit and choice of milk.

#### **Option #3- WG Bagel & Cream Cheese**



- Includes; Strawberry cup, assorted seasonal fruit and choice of milk



*We serve whole grain, low fat milk & cheese, reduced sugar cereals and a variety of fruit & 100% fruit juice  
With NO added sugar. We meet USDA diet regulations.*