Regional District 13

Elementary Schools

Brewster, John Lyman & Memorial



Daily Breakfast Choices:

Option #1- Jump Start Breakfast Break:



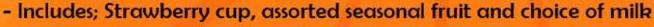
 includes; Choice of WG Cereal, String Cheese, Fruit Juice box, Teddy Graham crackers, assorted seasonal fruit and choice of milk.

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





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.