



High School Breakfast Menu

April 2017

3

Whole Grain Donut

Fruit Cocktail,
100% Juice Variety,
Choice of Milk

4

Bacon, Egg & Cheese Sandwich

Orange Wedges,
100% Juice Variety,
Choice of Milk

5

Cinnamon French Toast

Diced Pears,
100% Juice Variety,
Choice of Milk

6

Pancakes & Sausage

Fresh Apple,
100% Juice Variety,
Choice of Milk

7

Triple Berry French Toast

Diced Peaches,
100% Juice Variety,
Choice of Milk

10

Spring Break

11

Spring Break

12

Spring Break

13

Spring Break

14

Spring Break

17

Cinnamon French Toast

Fruit Cocktail,
100% Juice Variety,
Choice of Milk

18

Whole Grain Donut

Orange Wedges,
100% Juice Variety,
Choice of Milk

19

Bacon, Egg & Cheese Sandwich

Diced Pears,
100% Juice Variety,
Choice of Milk

20

French Toast & Sausage

Fresh Apple,
100% Juice Variety,
Choice of Milk

21

Whole Grain Cinnamon Roll

Diced Peaches,
100% Juice Variety,
Choice of Milk

24

Maple Waffles & Syrup

Orange Wedges,
100% Juice Variety,
Choice of Milk

25

Sausage, Egg & Cheese Sandwich

Fresh Apple,
100% Juice Variety,
Choice of Milk

26

Whole Grain Donut

Applesauce,
100% Juice Variety,
Choice of Milk

27

Pancakes & Sausage

Fresh Banana,
100% Juice Variety,
Choice of Milk

28

Maple Waffles & Syrup

Diced Peaches,
100% Juice Variety,
Choice of Milk

Wellness Lesson of the Month:

Start with a Good Breakfast!

Additional Breakfast Options:

Breakfast Sandwiches, Assorted Cereals, Assorted Muffins, Cereal Bars, Yogurt & Bagels

Milk Offerings:

Skim Chocolate & 1% White Milk

Breakfast Price:

\$2.00 Full; \$0.30 Reduced

To make a complete meal, students must select at least 3 different items from the required food groups offered at breakfast. At least one item must be ½ cup fruit, ½ cup vegetable or a 4 ounce serving of 100% fruit juice.

Menus are subject to change without notice.

