



High School Breakfast Menu

September 2017

*Did you know...
Breakfast is offered at all schools within the district. Start your day the healthy way. Join us for a nutritious breakfast today!*

1
Full Day Teachers In-Service
Schools Closed

4
Labor Day
Schools Closed

5 *Students Report 1st Day*
Whole Grain Donut
Fresh Apple,
100% Juice Variety,
Choice of Milk

6
Blueberry Waffles
Fresh Banana,
100% Juice Variety,
Choice of Milk

7
Bacon, Egg & Cheese Sandwich
Fresh Banana,
100% Juice Variety,
Choice of Milk

8
Triple Berry French Toast
Fresh Apple,
100% Juice Variety,
Choice of Milk

11
Whole Grain Donut
Orange Wedges,
100% Juice Variety,
Choice of Milk

12
Turkey Pancake Wrap
Fresh Banana,
100% Juice Variety,
Choice of Milk

13
Sausage, Egg & Cheese Sandwich
Fresh Apple,
100% Juice Variety,
Choice of Milk

14
Apple Frudel
Diced Peaches,
100% Juice Variety,
Choice of Milk

15
Mini Cinni Rolls
Applesauce,
100% Juice Variety,
Choice of Milk

18
Turkey Pancake Wrap
Orange Wedges,
100% Juice Variety,
Choice of Milk

19
Bacon, Egg & Cheese Sandwich
Fresh Apple,
100% Juice Variety,
Choice of Milk

20
Whole Grain Donut
Fruit Cocktail,
100% Juice Variety,
Choice of Milk

21
School Closed

22
School Closed

25
Sausage, Egg & Cheese Sandwich
Diced Peaches,
100% Juice Variety,
Choice of Milk

26
Strawberry Cream Cheese Mini Bagels
Fresh Banana,
100% Juice Variety,
Choice of Milk

27
Cinnamon French Toast
Fresh Apple,
100% Juice Variety,
Choice of Milk

28
Maple Waffles
Fruit Cocktail,
100% Juice Variety,
Choice of Milk

29
Whole Grain Donut
Diced Pears,
100% Juice Variety,
Choice of Milk

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.