



HIGH SCHOOL BREAKFAST MENU

Serving Breakfast: 8:20 – 8:50 Monday - Friday

Weekly Specials

Includes Choice of 1 Entrée, Fruit, Juice and Milk

- Monday:** French Toast Sticks or Bagel Sandwich^P
- Tuesday:** Breakfast Pizza^P or Bagel Sandwich^P
- Wednesday:** Homemade Muffin Square or Bagel Sandwich^P
- Thursday:** Breakfast Burrito^P or Bagel Sandwich^P
- Friday:** Cinnamon Roll or Bagel Sandwich^P



Build a Healthy Plate

*Make half your plate
fruits and vegetables
Make at least half your
grains, whole
Vary your protein choices
Switch to skim or 1% milk*

For more information go to
www.choosemyplate.gov



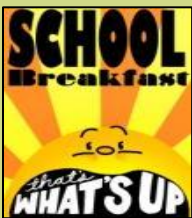
Cold Breakfast

Choice of 1 Includes Fruit, Juice and Milk

- Breakfast Bagel with Low Fat Cream Cheese
- Pop Tart
- Yogurt Parfait with Granola
- Assorted Cold Cereal with Goldfish Cracker



Serving
Breakfast
Monday – Friday
8:20 AM to 8:50AM



The Breakfast Menu follows the guidelines of the SBP
For a complete breakfast meal
Choose at least 3 of 4 Foods Offered

- Grains
 - Protein (Meat/Meat Alternate)
 - Juice
 - Fruit Choice
 - ½ Pint Milk
- Please choose 3 different items

Menu Key: T = Contains Turkey
P = Contains Pork • N = Contains Nuts • WG = Whole Grain

Breakfast Prices

Student Full	\$1.00
Student Reduced	\$.25
Adult	\$2.00
Second Entrée	\$1.00
Milk	\$0.50

Interested in receiving
monthly "Nutritional
News" via e-mail?
Email the FSD and put
"Nutrition News"
in the subject line