

April 2018

Fayetteville High School

BREAKFAST



**** USDA is an equal opportunity employer & provider****
**** Manager reserves the right to change menu due to food availability****
****Breakfast includes: Choice of (1) Grain**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Steak Biscuit
OR
CTC Cereal Bar
OR
French Toast w/Syrup
Diced Peaches
Apple Juice

2

Sausage Egg Chz Muffin
OR
Bagel w/cream chz
OR
Choc Chip Oatmeal Bar
Strawberry Cup
Orange Juice

3

Pancake Sausage Stick
OR
Blueberry Muffin
OR
Coco Puff Cereal Bar
Diced Peaches
Grape Juice

4

Chicken Biscuit
OR
French Toast
OR
Trix Cereal Bar
Pineapple Tidbits
Orange Juice

5

Breakfast Pizza
OR
Choc Chip Muffin
OR
CTC Cereal Bar
Mixed Fruit
Apple Juice

6

French Toast w/syrup
OR
Garlic Cheese Toast
OR
CTC Cereal Bar
Applesauce
Orange Juice

9

Steak & Egg Biscuit
OR
Apple Frudel
OR
Coco Puff Cereal Bar
Diced Peach
Apple Juice

10

Egg & Cheese English Muffin
OR
Choc Chip Oatmeal Bar
OR
French Toast w/syrup
Mixed Fruit
Grape Juice

11

Pancakes w/syrup
OR
Popcorn Chicken
OR
Trix Cereal Bar
Diced Pears
Apple Juice

12

Steak Biscuit
OR
Bosco Breakfast Stick
OR
CTC Cereal Bar
Mixed Fruit
Apple Juice

13

Steak Biscuit
OR
CTC Cereal Bar
OR
French Toast w/Syrup
Diced Peaches
Apple Juice

16

Sausage Egg Chz Muffin
OR
Bagel w/cream chz
OR
Choc Chip Oatmeal Bar
Strawberry Cup
Orange Juice

17

Pancake Sausage Stick
OR
Blueberry Muffin
OR
Coco Puff Cereal Bar
Diced Peaches
Grape Juice

18

Chicken Biscuit
OR
French Toast
OR
Trix Cereal Bar
Pineapple Tidbits
Orange Juice

19

Breakfast Pizza
OR
Choc Chip Muffin
OR
CTC Cereal Bar
Mixed Fruit
Apple Juice

20

French Toast w/syrup
OR
Garlic Cheese Toast
OR
CTC Cereal Bar
Applesauce
Orange Juice

23

Steak & Egg Biscuit
OR
Apple Frudel
OR
Coco Puff Cereal Bar
Diced Peach
Apple Juice

24

Egg & Cheese English Muffin
OR
Choc Chip Oatmeal Bar
OR
French Toast w/syrup
Mixed Fruit
Grape Juice

25

Pancakes w/syrup
OR
Popcorn Chicken
OR
Trix Cereal Bar
Diced Pears
Apple Juice

26

Steak Biscuit
OR
Bosco Breakfast Stick
OR
CTC Cereal Bar
Mixed Fruit
Apple Juice

27

Steak Biscuit
OR
CTC Cereal Bar
OR
French Toast w/Syrup
Diced Peaches
Apple Juice

30

