

September 2017

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



Bosco Breakfast Stick
Biscuit w/jelly
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits **1**

Sausage Biscuit
French Toast w/syrup
Cereal Bar
Milk
Apple Juice
Diced Peaches **4**

Bacon-Egg-Chz Bagel
English Muffin w/jelly
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit **5**

Pancake Sausage Stick
Blueberry Muffin
Cereal Bar
Milk
Grape Juice
Applesauce **6**

Chicken Biscuit
Breakfast Tornado Stick
Cereal Bar
Milk
Apple Juice
Diced Pears **7**

Breakfast Pizza
Choc Chip Muffin
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits **8**

Waffle Sticks w/syrup
Bagel w/cream chz or jelly
Cereal Bar
Milk
Apple Juice
Diced Peaches **11**

Sausage/Egg Biscuit
Apple Frudel
Cereal Bar
Milk
Grape Juice
Applesauce **12**

Egg & Chz Omelet w/Muffin
French Toast w/syrup
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit **13**

Pancakes w/syrup
Breakfast Burrito w/sauce
Cereal Bar
Milk
Apple Juice
Diced Pears **14**

Bosco Breakfast Stick
Biscuit w/jelly
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits **15**

Sausage Biscuit
French Toast w/syrup
Cereal Bar
Milk
Apple Juice
Diced Peaches **18**

Bacon-Egg-Chz Bagel
English Muffin w/jelly
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit **19**

Pancake Sausage Stick
Blueberry Muffin
Cereal Bar
Milk
Grape Juice
Applesauce **20**

Chicken Biscuit
Breakfast Tornado Stick
Cereal Bar
Milk
Apple Juice
Diced Pears **21**

Breakfast Pizza
Choc Chip Muffin
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits **22**

Waffle Sticks w/syrup
Bagel w/cream chz or jelly
Cereal Bar
Milk
Apple Juice
Diced Peaches **25**

Sausage/Egg Biscuit
Apple Frudel
Cereal Bar
Milk
Grape Juice
Applesauce **26**

Egg & Chz Omelet w/Muffin
French Toast w/syrup
Choc Chip Oatmeal Bar
Milk
Orange Juice
Mixed Fruit **27**

Pancakes w/syrup
Breakfast Burrito w/sauce
Cereal Bar
Milk
Apple Juice
Diced Pears **28**

Bosco Breakfast Stick
Biscuit w/jelly
Cereal Bar
Milk
Orange Juice
Pineapple Tidbits **29**