

April 2018

High School

BREAKFAST



This institution is an equal opportunity provider
Breakfast is free to students only
Adult breakfast cost is \$ 2.75
Menus are subject to change



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. Students have the choice of White skim milk, Choc skim milk, Strawberry skim milk, 1% White milk



Monday

Breakfast Stick

2

Muffin

Juice, Fruit, Choice of milk

Tuesday

Breakfast Burrito

3

Breakfast Dunkin's

Juice, Fruit, Choice of milk

Wednesday

Breakfast Croissant

4

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Thursday

Fruit Frudel

5

Granola Round

Juice, Fruit, Choice of milk

Friday

6

Oatmeal Choc Chip Bar

9

Breakfast Cheese Stick

Juice, Fruit, Choice of milk

Cereal /chex mix

10

Breakfast Taco/cheese stick

Juice, Fruit, Choice of milk

Mini Pancake

11

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Breakfast O's/chex mix

12

Mini Cinni

Juice, Fruit, Choice of milk

13

Breakfast Stick

16

Muffin

Juice, Fruit, Choice of milk

Breakfast Burrito

17

Breakfast Dunkin's

Juice, Fruit, Choice of milk

Breakfast Croissant

18

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Fruit Frudel

19

Granola Round

Juice, Fruit, Choice of milk

20

Oatmeal Choc Chip Bar

23

Breakfast Cheese Stick

Juice, Fruit, Choice of milk

Cereal/chex mix

24

Breakfast Taco/cheese stick

Juice, Fruit, Choice of milk

Mini Pancake

25

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Breakfast O's/chex mix

26

Mini Cinni

Juice, Fruit, Choice of milk

27

Breakfast Stick

30

Muffin

Juice, Fruit, Choice of milk

