

May 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



Tuesday

Wednesday

Thursday

Friday

Oatmeal Choc Chip Bar
Breakfast Cheese Stick
Juice, Fruit, Choice of milk

7

Breakfast Burrito
Breakfast Dunkin's
Juice, Fruit, Choice of milk

1

Breakfast Croissant
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

2

Fruit Frudel
Granola Round
Juice, Fruit, Choice of milk

3

4

Breakfast Stick's
Muffin
Juice, Fruit, Choice of milk

14

Cereal / Chex mix
Breakfast Taco/ Cheese Stick
Juice, Fruit, Choice of milk

8

Mini Pancake
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

9

Breakfast O's
Mini Cinni
Juice, Fruit, Choice of milk

10

11

Oatmeal Choc Chip Bar
Breakfast Cheese Stick
Juice, Fruit, Choice of milk

21

Breakfast Burrito
Breakfast Dunkin's
Juice, Fruit, Choice of milk

15

Breakfast Croissant
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

16

Fruit Frudel
Granola Round
Juice, Fruit, Choice of milk

17

18

28

Cereal / Chex mix
Breakfast Taco/ Cheese Stick
Juice, Fruit, Choice of milk

22

Mini Pancake
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

23

24

24

25

29

30

31

31

