

High School January 2018 Breakfast Menu

Offer vs Serve Meal Pattern: Students are offered 4 Food Components: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk

Asked to Choose at least 3 Full Components, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items

**HOT BREAKFAST IS OFFERED AT THE HIGH SCHOOL
THREE TIMES A WEEK!!**

Breakfast is offered before school and during snack line

Breakfast Prices

Students \$1.50
Adults/Guests \$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Winter Vacation	2 No School Winter Vacation	3 Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Crackers <i>*Fruit Cup/Juice*</i>	4 Warm Bagel w/Cr Cheese OR Ultimate Cinnamon Breakfast Bar <i>*Yogurt/Fresh Fruit/Juice*</i>	5 Krispie Granola Choc Bar Sport Crackers Cinnamon Applesauce Cup Assorted Juice
8 Sausage Breakfast Pizza OR Cinn Toast Crunch Cereal & Bug Bites <i>*Applesauce Cup/Juice*</i>	9 Appleway Bar String Cheese Fresh Fruit Apple Juice	10 Sausage/Ch Brkfst Sandwich OR Honey Nut Cheerios Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	11 Mini Long John Donut OR Chocolate Chip Muffin <i>*Yogurt/Fresh Fruit/Juice*</i>	12 Assorted Cereal Goldfish Crackers Cinnamon Applesauce Cup Assorted Juice
15 Maple Pancake Sausage Stick OR Lucky Charm Cereal & Scooby Doo Crackers <i>*Applesauce Cup/Juice*</i>	16 Trix Cereal Bar String Cheese Fresh Fruit Apple Juice	17 Sausage/Ch Brkfst Sandwich OR Golden Graham Cereal & Bug Bites <i>*Fruit Cup/Juice*</i>	18 Cinnamon Roll with Frosting Yogurt Cup Fresh Fruit Grape Juice	19 Cocoa Puff Bar Animal Crackers Cinnamon Applesauce Cup Assorted Juice
22 No School Teacher In-Service	23 Cinn Toast Crunch Bar String Cheese Fresh Fruit Apple Juice	24 Sausage/Ch Brkfst Sandwich OR Kix Cereal & Sport Crackers <i>*Fruit Cup/Juice*</i>	25 Mini Cinnamon Donuts OR Blueberry Muffin <i>*Yogurt/Fresh Fruit/Juice*</i>	26 Assorted Cereal Giant Goldfish Crackers Cinnamon Applesauce Cup Assorted Juice
29 Sausage Breakfast Pizza OR Cocoa Puff Cereal & Bug Bites <i>*Applesauce Cup/Juice*</i>	30 Mini Cinnamon Bagel Fresh Fruit Apple Juice	31 Sausage/Ch Brkfst Sandwich OR Cheerios Cereal & Goldfish Crackers <i>*Fruit Cup/Juice*</i>		

Complete Your Breakfast with Ice Cold Assorted Milk (Skim, 1%, and FF Chocolate)

Menus are subject to change due to food availability

This institution is an equal opportunity provider.