

# High School September 2017 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  Assorted Cereal Giant Goldfish Cracker Applesauce Cup Juice
4  <b>Labor Day No School</b>	5  Mini Cinnamon Bagel Fresh Fruit Apple Juice	6  Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Cracker <i>*Fruit Cup/Juice*</i>	7  Warm Bagel w/Cr Cheese OR Ultimate Cinnamon Breakfast Bar <i>*Yogurt/Fresh Fruit/Juice*</i>	8  Krispie Granola Choc Bar Sport Crackers Cinnamon Applesauce Cup Grape Juice
11  Sausage Breakfast Pizza OR Cinn Toast Crunch Cereal & Bug Bites <i>*Applesauce Cup/Juice*</i>	12  Appleway Bar String Cheese Fresh Fruit Apple Juice	13  Sausage/Ch Brkfst Sandwich OR Honey Nut Cheerios Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	14  Mini Long John Donut OR Chocolate Chip Muffin <i>*Yogurt/Fresh Fruit/Juice*</i>	15  Assorted Cereal Goldfish Crackers Cinnamon Applesauce Cup Grape Juice
17  Bacon Breakfast Pizza OR Lucky Charm Cereal & Scooby Doo Crackers <i>*Applesauce Cup/Juice*</i>	18  Trix Cereal Bar String Cheese Fresh Fruit Apple Juice	19  Sausage/Ch Brkfst Sandwich OR Golden Graham Cereal & Bug Bites <i>*Fruit Cup/Juice*</i>	20  Cinnamon Roll with Frosting Yogurt Cup Fresh Fruit Mixed Berry Juice	21  Cocoa Puff Bar Animal Crackers Cinnamon Applesauce Cup Grape Juice
24  Sausage Breakfast Pizza OR Cheerios Cereal & Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	25  Cinn Toast Crunch Bar String Cheese Fresh Fruit Apple Juice	26  Sausage/Ch Brkfst Sandwich OR Kix Cereal & Sport Crackers <i>*Fruit Cup/Juice*</i>	27  Mini Cinnamon Donuts OR Blueberry Muffin <i>*Yogurt/Fresh Fruit/Juice*</i>	28  <b>Teacher In-Service No School</b>

**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.