

# High School November 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	2	3
		Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Cracker <i>*Fruit Cup/Juice*</i>	Warm Bagel w/Cr Cheese OR Ultimate Cinnamon Breakfast Bar <i>*Yogurt/Fresh Fruit/Juice*</i>	Krispie Granola Choc Bar Sport Crackers Cinnamon Applesauce Cup Assorted Juice
6	7	8	9	10
Sausage Breakfast Pizza OR Cinn Toast Crunch Cereal & Bug Bites <i>*Applesauce Cup/Juice*</i>	Appleway Bar String Cheese Fresh Fruit Apple Juice	Sausage/Ch Brkfst Sandwich OR Honey Nut Cheerios Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	Mini Long John Donut OR Chocolate Chip Muffin <i>*Yogurt/Fresh Fruit/Juice*</i>	Assorted Cereal Goldfish Crackers Cinnamon Applesauce Cup Assorted Juice
13	14	15	16	17
Maple Pancake Sausage Stick OR Lucky Charm Cereal & Scooby Doo Crackers <i>*Applesauce Cup/Juice*</i>	Trix Cereal Bar String Cheese Fresh Fruit Apple Juice	Sausage/Ch Brkfst Sandwich OR Golden Graham Cereal & Bug Bites <i>*Fruit Cup/Juice*</i>	Cinnamon Roll with Frosting Yogurt Cup Fresh Fruit Mixed Berry Juice	Cocoa Puff Bar Animal Crackers Cinnamon Applesauce Cup Assorted Juice
20	21	22	23	24
Sausage Breakfast Pizza OR Cheerios Cereal & Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	Cinn Toast Crunch Bar String Cheese Fresh Fruit Apple Juice	<b><i>Thanksgiving Vacation No School</i></b>	<b><i>Thanksgiving Vacation No School</i></b>	<b><i>Thanksgiving Vacation No School</i></b>
27	28	29	30	
Bacon Breakfast Pizza OR Cocoa Puff Cereal & Animal Crackers <i>*Applesauce Cup/Juice*</i>	Mini Cinnamon Bagel Fresh Fruit Apple Juice	Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Cracker <i>*Fruit Cup/Juice*</i>	Mini Cinnamon Donuts OR Blueberry Muffin <i>*Yogurt/Fresh Fruit/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.