

*This Institution is an equal opportunity provider and employer

1
Ham (P), Egg & Cheese
On A
English Muffin
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk

2 French Toast Sticks
Maple Syrup
Chicken Sausage
Or Scrambled Eggs
W/Cheese &
Whole Grain Toast
100% Fruit Juice
Fresh Fruit
Milk

3 Ham (P), Egg & Cheese Omelet
WG Toast
Tater Tots
Or WG Choc Chip Muffin
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

4 Waffles & Scrambled Eggs
Maple Syrup
Hash Patty
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

5 Turkey Bacon, Egg &
Cheese in
A Whole Grain Wrap
Celery Sticks
100% Fruit Juice
Fresh Fruit
Milk

8 Ham (P), Egg & Cheese
On A
English Muffin
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk

9 French Toast Sticks
Maple Syrup
Chicken Sausage
Or Scrambled Eggs
W/Cheese &
Whole Grain Toast
100% Fruit Juice
Fresh Fruit
Milk

10 Breakfast Chicken Sausage
Wrapped in Pancake On A
Stick
Syrup & Tater Tots
Or WG Blueberry Muffin
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

11 Waffles & Scrambled Eggs
Maple Syrup
Hash Patty
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

12 Turkey Bacon, Egg &
Cheese in
Pita Pocket
Celery Sticks
100% Fruit Juice
Fresh Fruit
Milk

15


16


17


18


19


22


23


24 Breakfast Chicken Sausage
Wrapped in Pancake On A Stick
Syrup & Tater Tots
Or WG Blueberry Muffin
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

25 Waffles & Scrambled Eggs
Maple Syrup
Hash Patty
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

26 Turkey Bacon, Egg &
Cheese in
Pita Pocket
Celery Sticks
100% Fruit Juice
Fresh Fruit
Milk

29 Ham (P), Egg & Cheese
On A
English Muffin
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk

30 French Toast Sticks
Maple Syrup
Chicken Sausage
Or Scrambled Eggs
W/Cheese &
Whole Grain Toast
100% Fruit Juice
Fresh Fruit
Milk

Breakfast Price

Full - \$0.75

Reduced - \$0.00

Free - \$0.00

Adult

\$1.90 + Tax

All students who select a breakfast must also take a fruit and/or juice and/or a vegetable

Available Daily

- Yogurt Parfaits W/ Granola & Fruit
- Assorted Whole Grain Cereals W/ String Cheese Or Yogurt
- Bagel Meals, Whole Grain Cinnamon Donut
- Fruit Smoothie W/String Cheese and Breakfast Round
- Fresh Fruit and 100% Juice Offered

All meals Offered with a Milk Choice Of:

1% White

Fat Free

Fat Free Chocolate

(All milk is antibiotic and hormone free)

*This Institution is an equal opportunity provider and employer

(P) = Pork Product

*Menus are subject to change