

Breakfast

Middle & High School Breakfast Menu

Sample Month — Two-Week Cycles:

Monday

Hot & Cold Cereals with Topping Bar

Yogurt
1% Milk
Fresh Fruit

Healthy Muffins String Cheese

Yogurt with Topping
1% Milk
Fresh Fruit

Hot & Cold Cereals with Topping Bar

Yogurt
1% Milk
Fresh Fruit

Healthy Muffins String Cheese

Yogurt with Topping
1% Milk
Fresh Fruit

Tuesday

Whole-Wheat Bagels Cream Cheese

Hard Boiled Egg
1% Milk
Fresh Fruit

Whole-Wheat Bagels Cream Cheese

Hard Boiled Egg
100% Fruit Juice
Fresh Fruit

Whole-Wheat Bagels Cream Cheese

Hard Boiled Egg
100% Fruit Juice
Fresh Fruit

Whole-Wheat Bagels Cream Cheese

Hard Boiled Egg
100% Fruit Juice
Fresh Fruit

Wednesday

Focaccia Chicken or Turkey Sausage

1% Milk
Fresh Fruit

Breakfast Burritos with Toppings

1% Milk or Yogurt
Fresh Fruit

Focaccia Chicken or Turkey Sausage

1% Milk
Fresh Fruit

Breakfast Burritos with Toppings

1% Milk or Yogurt
Fresh Fruit

Thursday

Healthy Muffins String Cheese

Yogurt with Topping Bar
1% Milk
Fresh Fruit

Hot & Cold Cereals with Topping Bar

Yogurt
1% Milk
Fresh Fruit

Healthy Muffins String Cheese

Yogurt with Topping Bar
1% Milk
Fresh Fruit

Hot & Cold Cereals with Topping Bar

Yogurt
1% Milk
Fresh Fruit

Friday

Scrambled Eggs with Turkey Bacon

Fresh Fruit
1% Milk

Scrambled Eggs with Turkey Bacon

Fresh Fruit
1% Milk

Scrambled Eggs with Turkey Bacon

Fresh Fruit
1% Milk

Scrambled Eggs with Turkey Bacon

Fresh Fruit
1% Milk

Hot and cold cereal may be served in addition to the other items every day. Yogurt may be served every day.