



Start the Day off Right

High School Breakfast

January – March 2024

All Breakfast's include entrée, fruit, and 1% Milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>Entrée Choice: Min Cinni 40g Apple Strudel 36g Hard Cooked Egg 1g <i>*All entrées served with Yogurt 12g</i></p> | <p>Entrée Choice: Egg & Cheese Calzone 34g Soft Filled Cinnamon Toast 41g</p> | <p>Entrée Choice: Donut Holes: -Blueberry 39g -Powder sugar 42g -Chocolate 38g Hard Cooked Egg 1g <i>*All entrées served with Yogurt 12g</i></p> | <p>Sausage & Egg Croissant (Chicken Sausage, Scrambled Eggs, and Croissant 29g)</p> | <p>Entrée Choice: Cheese & Bacon Bites 4g w. Hashbrowns 8g Texas Toast 45g</p> |

Daily Offerings:

- Cinnamon Toast Crunch 44g
- Lucky Charms 46g
- Cinnamon Rice Chex (*gluten free*) 46g

Daily Grab & Go Bars:

- Fudge Pop-Tart 74g
- Cinnamon Pop-Tart 73g
- Strawberry Pop-Tart 73g
- Oatmeal Chocolate Benefit Bar 47g
- Banana Chocolate Benefit Bar 47g
- Banana Bread 45g
- Lemon Bread 44g

Daily Muffin with a Cheese Stick

- Double Chocolate 27g
- Cheese stick 2g

Juice Choice: Apple (14g), Cran-Raspberry (14g), Orange Tangerine (15g)

Milk Choice: 1% White or 1% Chocolate



Items purchased individually are not considered free. Students can purchase individual items if they have money in their food service account.