



# Jr/Sr High Breakfast Menu

# January 2019

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Assorted Oatmeal  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**1**  
Happy New Year

Assorted Oatmeal **2**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

NY Thursday:  
Waffles **3**  
w/NY Blueberries  
100% Juice  
Fresh /Canned Fruit  
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **4**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Oatmeal **7**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Boat **8**  
Or Smoothie  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Ultimate Breakfast Round **9**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

4 oz. NY Yogurt **10**  
w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **11**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Oatmeal **14**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast Pizza **15**  
Or Smoothie  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Fluffy Pancakes **16**  
w/ Strawberries  
Syrup  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick **17**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **18**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

No School **21**  
**MILK DAY**  
I HAVE A DREAM

Assorted Cereal **OR**  
Bagel w/ Cream Cheese **22**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk  
Regents

French Toast Sticks **23**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk  
Regents

NY Thursday:  
4 oz. NY Yogurt **24**  
w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
NY Low Fat/Fat Free Milk  
Regents

Assorted Breakfast Sandwiches **25**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk  
Regents

Assorted Oatmeal **28**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick **OR** Smoothie **29**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Omelet w/½ Bagel **30**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Waffles **31**  
w/NY Blueberries  
100% Juice  
Fresh /Canned Fruit  
NY Low Fat/Fat Free Milk

## Announcements

### Choices Available Daily:

- Assorted Cereal
- Assorted Cereal w/1/2 bagel
- Bagel w/ Cream Cheese
- Smoothies

### Milk Choices:

- 1% White, Skim White
- Skim Chocolate, Skim Strawberry (when available)

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## Meal Prices

**Breakfast will be served at NO COST to students for the 18/19 school year! Lunch for grades 7th-12th is \$2.00**

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Menu subject to change without notice.