

Jr / Sr High Breakfast Menu



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu item for Monday

Blank menu item for Tuesday

Ultimate Breakfast **1**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt **2**
w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **3**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal Cinnamon Toast Crunch Pastry **6**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **7**
Or Smoothie
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes **8**
w/ Strawberries or Syrup
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **10**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs w/ 1/2 Bagel **14**
Or Smoothie
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Waffles **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt **16**
w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal Cocoa Puffs Pastry **20**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Pancakes **21**
Or Smoothie
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet **22**
w/ 1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **23**
w/ Fruit or Syrup
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **24**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



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

Ultimate Breakfast **29**
Round
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **30**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **31**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Announcements

Choices Available Daily:

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

Milk Choices:

- 1% White, Skim White
- Skim Chocolate

Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to Elementary students for the 18/19 school year!

Jr – Sr High Breakfast is free
lunch is \$2.00

This institution is an equal opportunity provider.