



High School Breakfast

October 1-5, 2018

Week 1



Monday

Apple Cinnamon Muffin
Sausage and Cheese Croissant*
Bagel w/ Cream Cheese
Cereal or Cereal Bar w/ Cheese Stick
Nutrigrain Bar® w/ Cheese Stick
Poptart® w/ Cheese Stick

Tuesday

Strawberry Banana Smoothie w/ Muffin
Mini Donuts
Bacon* Egg and Cheese English Muffin
Cereal/ Cereal Bar w/ Yogurt
Nutrigrain Bar® w/ Yogurt
Poptart® w/ Yogurt

Wednesday

Bacon, Egg and Cheese Flatbread*
Pancakes w/ Sausage*
Chocolate Crescent
Cereal/ Cereal Bar w/ Toast
Nutrigrain Bar® w/ Toast
Poptart® w/ Toast

Thursday

Mini Pancakes
Egg and Cheese Biscuit
Mini Donuts
Cereal or Cereal Bar w/ Cheese Stick
Nutrigrain Bar® w/ Cheese Stick
Poptart® w/ Cheese Stick

Friday

Flatbread Friday*
Frappuccino Friday Pumpkin Spice
Mini Donuts
Cereal/ Cereal Bar w/ Grahams
Nutrigrain Bar® w/ Grahams
Poptart® w/ Grahams

Variety of Fruits Offered Daily



BEVERAGES

Non- Fat Chocolate
1% White Milk
Skim White Milk

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