



High School Breakfast September 18-22, 2017 Week 3



Monday

Muffin Monday
Ham and Cheese English Muffin*
Cereal or Cereal Bar and Cheese Stick
Bagel and Cream Cheese

Tuesday

*****Tasty Tuesday***
Smoothie with Muffin**

Mini Donuts
Cereal or Cereal Bar and Toast

Wednesday

Fruit Pizza
Egg and Cheese Croissant
Cereal or Cereal Bar and Grahams

Thursday

Ham Skillet*
Mini Donuts
Cereal or Cereal Bar and Yogurt

Friday

***** FLATBREAD FRIDAY*****

Cereal Bar or Cereal and Cheese Stick

Variety of Fruits Offered Daily



BEVERAGES

Non- Fat Chocolate
1% White Milk
Skim White Milk

Self- Service Waffles Available Daily

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