



# High School Breakfast January 28-February 1, 2019



## Monday

**Muffin Monday- Blueberry  
Ham and Cheese English Muffin\*  
Bagel and Cream Cheese  
Cereal or Cereal Bar & Cheese Stick**

## Tuesday

**Dreamy Peach Smoothie w/ Muffin  
Sausage Pancake on a Stick  
Mini Donuts  
Cereal or Cereal Bar with Toast**

## Wednesday

**Cinnamon Roll  
Sausage, Egg and Cheese Biscuit\*  
Strawberry Parfait  
Cereal or Cereal Bar and Grahams**

## Thursday

**Mini Donuts  
French Toast Sticks & Scrambled Eggs  
Cereal or Cereal Bar and Yogurt  
Benefit Bar®**

## Friday

**Mini Donuts  
Cereal or Cereal Bar w/ Cheese Stick  
Flatbread Friday\*  
Frappe Friday- Caramel**

## Variety of Fruits Offered Daily



**Non- Fat Chocolate  
1% White Milk  
Skim White Milk**

**Self- Service Waffles Available Daily**

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