



# High School Breakfast

## October 22-26, 2018

### Week 4



#### Monday

**Muffin Monday- Blueberry**  
**Sausage and Cheese Croissant\***  
**Bagel and Cream Cheese**  
**Cereal or Cereal Bar & Cheese Stick**  
**Nutrigrain Bar® w/ Cheese Stick**  
**Poptart® w/ Cheese Stick**

#### Tuesday

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

#### Wednesday

**Mini Waffles**  
**Biscuits and Gravy w/ Sausage\***  
**Double Berry Parfait**  
**Cereal or Cereal Bar and Toast**  
**Nutrigrain Bar® w/ Toast**  
**Poptart® w/ Toast**

#### Thursday

**Mini Donuts**  
**Breakfast Totchos**  
**Cereal or Cereal Bar and Yogurt**  
**French Toast Benefit Bar®**  
**Nutrigrain Bar® w/ Yogurt**  
**Poptart® w/ Yogurt**

#### Friday

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

#### Variety of Fruits Offered Daily



#### BEVERAGES

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

**Self- Service Waffles Available Daily**

#### **Non-discrimination Statement**

The United State Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, or marital or family status. To file a complaint of discrimination, call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.