

# High School September 2020 Breakfast Menu

**Offer vs Serve Meal Pattern:** Students are offered 4 Food Items: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk  
 \*Asked to Choose at least 3 Full Items, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items\*

**HOT BREAKFAST IS OFFERED AT THE HIGH SCHOOL!!**  
 \*Breakfast is offered before school and during snack line\*  
**Complete Your Breakfast with Ice Cold Assorted Milk (1% White, and FF Chocolate)**

**Breakfast Prices**



Students            \$1.50  
 Adults/Guests      \$2.00



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>9th Grade Only</u> Poptart String Cheese Fresh Fruit Juice	<b>2</b> Sausage Breakfast Pizza OR Trix Cereal & Giant Goldfish Crackers *Fruit Cup/Juice*	<b>3</b> Mini Long John Donut OR Chocolate Chip Muffin *Yogurt/Fresh Fruit/Juice*	<b>4</b> Mini Cinnamon Bagel OR Frosted Flakes Cereal & Animal Crackers *Applesauce Cup/Juice*
<b>7</b> <b>No School Labor Day</b>	<b>8</b> Apple Frudel Bar OR Mini Cinnamon Rolls *Fresh Fruit/Juice*	<b>9</b> Sausage/Ch Brkfst Sandwich OR Cinnamon Toast Crunch Cereal & Scooby Doo Crackers *Fruit Cup/Juice*	<b>10</b> Mini Cinnamon Donuts OR Ultimate Breakfast Cinnamon Chip Bar *Yogurt/Fresh Fruit/Juice*	<b>11</b> Fiesta Breakfast Sandwich OR Assorted Cereal & Goldfish Crackers *Applesauce Cup/Juice*
<b>14</b> Sausage Breakfast Pizza OR Marshmallow Mateys Cereal & Animal Crackers *Applesauce Cup/Juice*	<b>15</b> Mini Long John Donut OR Trix Cereal Bar *String Cheese/ Fresh Fruit/Juice*	<b>16</b> Sausage/Ch Brkfst Sandwich OR Apple Zingers Cereal & Bug Bites *Fruit Cup/Juice*	<b>17</b> Mini Long John Donut OR Blueberry Muffin *Yogurt/Fresh Fruit/Juice*	<b>18</b> Mini Cinnamon Donuts OR Cocoa Puff Bar & Scooby Doo Crackers *Applesauce Cup/Juice*
<b>21</b> Sausage Breakfast Pizza OR Cheerios Cereal & Goldfish Crackers *Applesauce Cup/Juice*	<b>22</b> Mini Cinnamon Donuts OR Cinn Toast Crunch Bar *String Cheese/ Fresh Fruit/Juice*	<b>23</b> Sausage/Ch Brkfst Sandwich OR Tottie Fruitie Cereal & Sport Crackers *Fruit Cup/Juice*	<b>24</b> Cinnamon Roll with Frosting Yogurt Cup Fresh Fruit Grape Juice	<b>25</b> <b>No School Teacher In-service</b>
<b>28</b> Sausage Breakfast Pizza OR Cocoa Roos Cereal & Bug Bites *Applesauce Cup/Juice*	<b>29</b> Breakfast Tornadoes OR Mini Cinnamon Bagel *Fresh Fruit/Juice*	<b>30</b> Sausage/Ch Brkfst Sandwich OR Trix Cereal & Giant Goldfish Crackers *Fruit Cup/Juice*		

\*Menus are subject to change due to food availability\*

This institution is an equal opportunity provider.