

HIGH SCHOOL BREAKFAST MENU (Feb - April 2018)

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>
Mini Maple Burstin Pancakes 39g Cinnamon Bun 38g Pumpkin Slice 43g	Turkey Sausage Sandwich 14g Donut & String Cheese 24g Egg and Chorizo 35g	Chicken and Biscuit Sandwich 36g Bagel and Cream Cheese 30g	Egg and Cheese Sandwich 19g Concha Bread 34g Egg and Chorizo 35g	Mini Blueberry Eggo Pancakes 35g Cinnamon Bun 38g
Cereal 2oz & String Cheese Choice of 1: Frosted Mini Spooners (47g); Honey Nut Scooters (46g); Raisin Bran (46g)	Cereal 2oz & String Cheese Choice of 1: Frosted Mini Spooners (47g); Honey Nut Scooters (46g); Raisin Bran (46g)	Cereal 2oz & String Cheese Choice of 1: Frosted Mini Spooners (47g); Honey Nut Scooters (46g); Raisin Bran (46g)	Cereal 2oz & String Cheese Choice of 1: Frosted Mini Spooners (47g); Honey Nut Scooters (46g); Raisin Bran (46g)	Cereal 2oz & String Cheese Choice of 1: Frosted Mini Spooners (47g); Honey Nut Scooters (46g); Raisin Bran (46g)
Muffin Mix + Cheese OR Yogurt (4oz)	Muffin Mix + Cheese OR Yogurt (4oz)	Muffin Mix + Cheese OR Yogurt (4oz)	Muffin Mix + Cheese OR Yogurt (4oz)	Muffin Mix + Cheese OR Yogurt (4oz)
Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g
Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g
Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g
PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g
		Coach's Oats 59g		
Fruit	Fruit	Fruit	Fruit	Fruit
Fruit Mix Brkfst. Choices: Apple raw w/skin (15g) , Orange (15g), Banana (27g)	Fruit Mix Brkfst. Choices: Apple raw w/skin (15g) , Orange (15g), Banana (27g)	Fruit Mix Brkfst. Choices: Apple raw w/skin (15g) , Orange (15g), Banana (27g)	Fruit Mix Brkfst. Choices: Apple raw w/skin (15g) , Orange (15g), Banana (27g)	Fruit Mix Brkfst. Choices: Apple raw w/skin (15g) , Orange (15g), Banana (27g)
Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple
	Applesauce- unsweetened 14g		Canned Pears	Pineapple Spears 2.7oz 10g
Milk	Milk	Milk	Milk	Milk
1% White (14g) ; Non-fat Chocolate (22g)	1% White (14g) ; Non-fat Chocolate (22g)	1% White (14g) ; Non-fat Chocolate (22g)	1% White (14g) ; Non-fat Chocolate (22g)	1% White (14g) ; Non-fat Chocolate (22g)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Greek yogurt vanilla 14g; String cheese 1g

Muffin Mix: Blueberry muffin top (3.2oz) 33g, Chocolate Chip muffin top (3.2oz) 34g, or Strawberry/Banana muffin 45g, Apple Cinnamon Mufin Top 33g, Double Chocolate Muffin 59g