

This is an equal opportunity institution



# GRAB & GO BREAKFAST

2020-2021

## COMBO BREAKFAST \$2.25

Combo includes: Entree, Fruit or Fruit Juice & optional Milk

Entree options (based on availability):

Buttermilk Bar, Double Pop Tart. Large Muffin (3.6oz), Large Cereal Bowl (2oz), Boscos-7" Mozzarella Breadstick (single), Large Crumb Square (3.6oz), Breakfast Taco (Sausage, Egg & Cheese, Cinnamon Roll, Mini-French Toast- Cinnamon, Mini Bagel (Strawberry or Cream Cheese filled), Bagel & Cream Cheese, Breakfast Tornado (Egg, Turkey Sausage & Cheese), Smuckers PB&J



## ALA CARTE ITEMS

\$1.00

Pop Tart (single)  
Cereal Bar  
Cereal Pouch (1oz)

\$1.50

Small Muffin (1.9oz)  
Buttermilk Bar ( 2.7oz)  
Small Crumb Square (2.2oz)  
Large Cereal Bowl (3.6oz)

\$1.75

Cinnamon Roll  
Large Crumb Square

\$2.00

Boscos 7" Mozz Brd Stk  
Breakfast Tornado  
Breakfast Taco



## MILK, FRUIT & JUICE \$1.00

Apple Juice 4oz  
Grape Juice 4oz  
Appleberry Juice 4oz  
Orange Juice 4oz  
Lowfat 1% Milk 8oz  
Nonfat Chocolate Milk 8oz  
Fruit (individual serving)



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# BREAKFAST OPTIONS

LA COSTA CANYON HIGH SCHOOL & TORREY PINES HIGH SCHOOL

2020-21



## NO CHARGE BREAKFAST DAILY @ LCC & TPHS

### Details:

Under Provision 2, a no-charge **"COMBO" Breakfast** is offered to all students each day of school during the regular school year. No-charge breakfast is offered prior to the start of school. See school site schedules for service times.

A **"COMBO" Breakfast** includes: Entree, Choice of Fruit or Fruit Juice & Optional 1% lowfat milk, or non-fat chocolate milk.



## Ala Carte Nutrition Break-Offered Daily

Items available for purchase by all students each day of school during the regular school year.

Ala carte purchases can be made during nutrition break. See school site schedules for service times.

### ALA CARTE ITEMS

\$1.00

- Pop Tart (single)
- Cereal Bar
- Cereal Pouch (1oz)

\$1.50

- Small Muffin (1.9oz)
- Buttermilk Bar ( 2.7oz)
- Small Crumb Square (2.2oz)
- Large Cereal Bowl (3.6oz)

\$1.75

- Cinnamon Roll
- Large Crumb Square

\$2.00

- BoscOs 7" Mozz Brd Stk
- Breakfast Tornado
- Breakfast Taco



### MILK, FRUIT & JUICE \$1.00

- Apple Juice 4oz
- Grape Juice 4oz
- Appleberry Juice 4oz
- Orange Juice 4oz
- Lowfat 1% Milk 8oz
- Nonfat Chocolate Milk 8oz
- Fruit (individual serving)

[www.SDUHSDnutrition.com](http://www.SDUHSDnutrition.com), 760-753-6241, ext 3426

Menu subject to change at school site (updated 7/28/2020)