



# BREAKFAST MENU

## SUMMIT HIGH SCHOOL

2019 – 2020

### **CHOOSE 1**

#### **Cold Breakfast Selections Available Daily**

Assorted Cereals  
Fresh Bagel with Cream Cheese or Butter  
Large Fruit Muffin

#### **Hot Breakfast Selections Available**

**Monday:** Egg and Cheese on a Roll or Bagel  
**Tuesday:** Whole Grain French Toast with Syrup  
**Wednesday:** Ham, Egg, and Cheese on a Roll or Bagel  
**Thursday:** Whole Grain French Toast with Syrup  
**Friday:** Egg and Cheese on a Roll or Bagel

### **CHOOSE 2**

100% Fruit Juice  
Cupped Fruit  
Fresh Fruit

### **CHOOSE 1**

Non-Fat Chocolate Milk  
1% Milk  
Skim Milk



At least 50% of All Grains served  
with your meal are Whole Grain Rich

"This institution is an equal  
opportunity provider."