



MIDDLE SCHOOL & HIGH SCHOOL

BREAKFAST MENU

and a second					
<u>Available Daily:</u> Sausage © or Bacon(P), / Fresh Egg Sandwiches with	MON	TUES	WED	THURS	FRI
or without Cheese on choice of Bread		1	2	3	4
Assorted WG Reduced Sugar Cereal w/ Cheese Stick Bagel w/ Butter or Cream		Avocado Toast w/Hard Boiled Egg (v) Ø Fruit Choice, Juice Choice, Milk Choice	Homemade Belgian Waffle Fruit Choice, Juice Choice and Milk Choice	Egg and Cheese Frittata Fruit Choice, Juice Choice and Milk Choice	Bacon (p) Fresh Egg and Cheese on an English Muffin Fruit Choice, Juice
Cheese				Choice	Choice and Milk Choice
Homemade Assorted Muffins	7	8	9	10	11
Yogurt Parfait Meal (Low- fat yogurt, topped with fruit and granola)	WG Warm Cinnamon Donut Fruit Choice, Juice Choice and Milk Choice	Homemade Pancake w/ Maple Syrup Fruit Choice, Juice Choice and Milk Choice	Egg, Cheese and Turkey on a WG Tortilla Fruit Choice, Juice Choice, Milk Choice	Egg, Cheese and Turkey on a WG Tortilla Fruit Choice, Juice Choice, Milk Choice	WG Cinnamon Donut Holes Fruit Choice, Juice Choice and Milk Choice
Homemade Belgian Waffles offered Monday, Wednesday, and Friday	14	15	16	17	18
Meal Prices: Student Meal Price	Meal SPRING RECESS				
\$2.00 Adult Meal	21	22	23	24	25
Price \$2.48+ Tax	SCHOOL CLOSED SPRING	Egg, and Swiss Cheese on a Warm Tortilla Fruit Choice, Juice	Avocado Toast w/Hard Boiled Egg (v) Fruit Choice, Juice Choice, Milk Choice	Egg, Cheese and Turkey on a WG Tortilla Fruit Choice, Juice	
Powering	RECESS	Choice, Milk Choice			
potential.	28	29	30		
Denotes item prepared from scratch or speed scratch	Homemade Pancakes w/ Maple Syrup Fruit Choice, Juice Choice and Milk Choice	Egg and Cheese Frittata, Fruit Choice, Juice Choice and Milk Choice	WG Dutch Waffle w/Maple Syrup Fruit Choice, Juice Choice and Milk Choice		
	Menus are subject	t to change.	1	1	1
		All Lunches <u>Must</u> Ir esh Fruit, Vegetable, a		CITC STUDE	mark

And May Include: 1% Low-Fat Milk, Fat Free White, or Fat Free Chocolate Fruits Offered Daily – Apples, Oranges & Bananas

This institution is an equal opportunity provider.

NUTRITION