



High School Breakfast Menu

December 2010

1
Corn Dog Breakfast Wrap
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Applesauce

2
Breakfast Pizza ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Sliced Peaches

3
Apple Muffin
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Mixed Fruit Cocktail

6
Stacked Pancakes
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Diced Pears

7
Southwest Salsa Omelet
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Pineapple Tidbits

8
Yogurt Parfait
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Strawberry Cup

9
Breakfast Pizza ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Sliced Peaches

10
Scrambled Eggs w/ Cheese
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Mixed Fruit Cocktail

13
Breakfast Burrito ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Diced Pears

14
Sausage Biscuit ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Pineapple Tidbits

15
Breakfast Pizza
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Strawberry Cup

16
Egg & Cheese Panini ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Sliced Peaches

17
Cinnamon Glazed Sticks
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Mixed Fruit Cocktail

20
French Toast Slices ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Diced Pears

21
Ham & Cheese Panini ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Pineapple Tidbits

22
Yogurt Parfait
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Strawberry Cup

23
Breakfast Pizza ^{WG}
Grab-n-Go Sandwiches
featured sides
Fresh Fruit
Fruit Juice
Sliced Peaches

24
No School

27
No School

28
No School

29
No School

30
No School

31
No School



Muffins, Bagels and Cereals ^{WG}

Look for daily specials that may include Apple Spice, Blueberry and Banana. Cereal is always available.

select an entree, then...

add some sides

Choice of Healthy Grains
Healthy grains, especially whole grain ones, get your body ready to learn.

Choice of Fruit or Juice
Fresh fruit varieties, juice packed fruits & 100% juice available daily

Choice of Milk
Varieties include 2% low fat and fat-free;

GOOD FOR YOU
Slice, Toast & Top your way everyday!

Cream Cheese Peanut Butter Jam

Kellogg's & General Mills
Reduced Sugar Cereals
Frosted Flakes
Fruit Loops
Apple Jacks
Cocoa Puffs
Chocolate Mini Wheats
Cheerios
Cinnamon Toast Crunch

Enjoy !

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