



High School Main Café Breakfast Menu

October 2019

1

Sausage Breakfast
Pizza

Smoothie

Fresh Fruit or Juice
Milk

2

Glazed Cinnamon Roll

Smoothie

Fresh Fruit or Juice
Milk

3

Egg and Cheese
English muffin

Smoothie

Fresh Fruit or Juice
Milk

4

French toast Sticks

Smoothie

Fresh Fruit or Juice
Milk

7

Ham, Egg and Cheese
Bagel

Smoothie

Fresh Fruit or Juice
Milk

8

Waffles

Smoothie

Fresh Fruit or Juice
Milk

9

Cinnamon UBR

Smoothie

Fresh Fruit or Juice
Milk

10

Egg and Sausage
Biscuit

Smoothie

Fresh Fruit or Juice
Milk

11

No School

14

Egg and Cheese
English muffin

Smoothie

Fresh Fruit or Juice
Milk

15

Vanilla Glazed Donut

Smoothie

Fresh Fruit or Juice
Milk

16

Country Chicken
Biscuit

Smoothie

Fresh Fruit or Juice
Milk

17

Pancake Wrap

Smoothie

Fresh Fruit or Juice
Milk

18

Ham and Cheese
English Muffin

Smoothie

Fresh Fruit or Juice
Milk

21

Cinnamon Breakfast
Round

Smoothie

Fresh Fruit or Juice
Milk

22

Sausage and Cheese
Biscuit

Smoothie

Fresh Fruit or Juice
Milk

23

Cheese Omelet, Tater
Tots and Crackers

Smoothie

Fresh Fruit or Juice
Milk

24

Sausage Breakfast
Pizza

Smoothie

Fresh Fruit or Juice
Milk

25

Strawberry Cream
Cheese Bagel

Smoothie

Fresh Fruit or Juice
Milk

28

Maple Mini Waffles

Smoothie

Fresh Fruit or Juice
Milk

29

Egg, Sausage, and
Cheese English muffin

Smoothie

Fresh Fruit or Juice
Milk

30

Pancake Wrap

Smoothie

Fresh Fruit or Juice
Milk

31

Ham, Egg and Cheese
Pancake Sandwich

Smoothie

Fresh Fruit or Juice
Milk

More info...

A Healthy Breakfast is a great way to start the day!

More info...

We also offer cold, grab and go items such as cereal, smoothies and new yogurt parfaits