Menu Cycle for: National School Breakfast Program

Instructions: The SFA is to use this 21-day cycle menu form to save the menus per Campus Level as appropriate. This menu must be used for the first 21-day cycle of the new School Year. ***The Excel sheet is unlocked for your use. However, when entering menu items do not alter the sizes of the established column and rows. Do not expand or overflow your menu description into the next day column. If more menu items are required for a day please insert rows for each additional menu item. The SFA can insert as many rows as needed for each day's menu as long as the rows remain within the established column for that day.***

2022-2023 School Year

Campus Level: High School

1	2	3	4	5
Banana Parafit	Chicken Strips & Waffle	Tropical Parfait	Breakfast Bowl	Peaches & Cream Parafit
Breakfast Nachos	Double Berry Yogurt Parfait	Build Your Own Breakfast Wrap	Flatbread Breakfast Pizza	Breakfast Kolache
Chilaquiles	Cheddar Cheese Stick	Cinnamon Glazed French Toast	Double Berry Yogurt Parfait	Breakfast Casserole
Pancake on a Stick	Hard Boiled Egg	Apple Cinnamon Nutrigrain Breakfast Bar	Apple Cinnamon Muffin Tops	Fruity Cheerios
Cinnamon Toast Crunch Cereal Bowlpack	Cinnamon Rick Chex Cereal Bowlpack	Strawberry Nutrigrain Breakfast Bar	Cherry Muffin	Donut w/ Icing & Bacon
Cinnamon Mini Grahams	Banana Bread	Frosted Flakes Cereal Bowlpacl	Cinnamon Mini Grahams	Cinnamon Mini Grahams
Frosted Strawberry Poptarts	Cinnamon Mini Grahams	Cinnamon Mini Grahams	Lucky Charms Cereal Bowlpack	Honey Nut Cheerios Cereal Bowlpack
Fruit	Fruit	Fruit	Blueberry Muffin Top	Toast w/ Margarine
Assorted Milk	Assorted Milk	Assorted Milk	Chocolate Muffin	Fruit
			Fruit	Assorted Milk
			Assorted Milk	

6	7	8	9	10
Breakfast Migas	Pancake & Sausage Sandwich	Build Your Own Breakfast Wrap	Breakfast Bowl	Build Your Own Breakfast Taco
Cinnamon Glazed French Toast	Sausage Breakfast Pizza	Chicken on a Biscuit	Breakfast Sandwich	Sausage Biscuit
Berry Banana Smoothie	Colby Jack Cheese Stick	Food Court Smoothie	Apple Pie Smoothie	Breakfast Sandwich
Cinnamon Toast Crunch Cereal BowlPack	Hard Boiled Egg	Apple Cinnamon Nutrigrain Breakfast Bar	Apple Cinnamon Muffin Tops	Southwest Breakfast Tacos
Frosted Cinnamon Poptart	Cinnamon Roll Smoothie	Strawberry Nutrigrain Breakfast Bar	Cherry Muffin	Strawberry Lemonade Stand Smoothie
Strawberry Graham Cracker	Blueberry Bread Slice	Frosted Flakes Cereal Bowlpack	Lucky Charms Cereal Bowlpack	Dutch Waffle
Fruit	Cinnamon Rice Chex Cereal Bowlpack	Strawberry Graham Craker	Blueberry Muffin Top	Honey Nut Cheerios Cereal Bowlpack
Assorted Milk	Banana Bread	Fruit	Strawberry Graham Cracker	Strawberry Graham Cracker
	Strawberry Graham Cracker	Assorted Milk	Chocolate Muffin	Fruit
	Fruit		Fruit	Assorted Milk
	Assorted Milk		Assorted Milk	

11	12	13	14	15
Breakfast Bowl	Pancake & Sausage Sandwich	Build Your Breakfast Wrap	Breakfast Migas	Turkey Sausage Sandwich
Sausage Egg & Toast	Steak Fingers on a Bicuit	Tropical Fruit Parfait	Tropical Parfait	Tropical Parfait
Peaches & Cream Parfait	Breakfast Sandwich	Apple Cinnamon Nutrigrain Breakfast Bar	Cinnamon Roll	Dutch Waffle
Apple Cinnamon Muffin Tops	Hard Boiled Egg	Strawberry Nutrigrain Breakfast Bar	Cinnamon Toast Crunch Cereal Bowlpack	Cinnamon Mini Grahams
Cherry Muffin	String Cheese	Cocoa Puffs Cereal	Blueberry Poptart	Honey Nut Cheerios Cereal Bowlpack
Cinnamon Mini Grahams	Peaches & Cream Parfait	Cinnamon Toast Soft Filled Bar	Fruit	Fruit
Lucky Charms Cereal Bowlpack	Blueberry Bread Slice	Frosted Flakes Cereal Bowlpack	Assorted Milk	Assorted Milk
Blueberry Muffin Top	Apple Jacks Cereal	Cinnamon Mini Grahams		
Chocolate Muffin	Banana Bread	Oatmeal Brown Sugar		
Fruit	Cinnamon Mini Grahams	Fruit		
Assorted Milk	Fruit	Assorted Milk		
	Assorted Milk			

16	17	18	19	20
Banana Parfait	Chicken Strips & Waffle	Tropical Parfait	Breakfast Bowl	Peaches & Cream parfait
Breakfast Nacho	Double Berry Yogurt Parfait	Build Your Own Breakfast Wrap	Flatbread Breakfast Pizza	Breakfast Kolache
Chilaquiles	Cheddar Cheese Stick	Cinnamon Glazed French Toast	Double Berry Yogurt Parfait	Breakfast Casserole
Pancake on a Stick	Hard Boiled Egg	Apple Cinnamon Nutrigrain Breakfast Bar	Apple Cinnamon Muffin Tops	Fruity Cheerios Cereal Bowlpack
Cinnamon Toast Crunch Cereal Bowlpack	Cinnamon Rice Chex Cereal Bowlpack	Strawberry Nutrigrain Breakfast Bar	Cherry Muffin	Donut w/ Icing & Bacon
Cinnamon Mini Grahams	Banana Bread	Frosted Flakes Cereal Bowlpack	Cinnamon Mini Grahams	Cinnamon Mini Grahams
Frosted Strawberry Poptarts	Cinnamon Mini Grahams	Cinnamon Mini Grahams	Lucky Charms Cereal Bowlpack	Honey Nut Cheerios Cereal Bowlpack
Fruit	Fruit	Fruit	Blueberry Muffin Top	Toast w/ Margarine
Assorted Milk	Assorted Milk	Assorted Milk	Chocolate Muffin	Fruit
			Fruit	Assorted Milk
			Assorted Milk	

21
Banana Parafit
Breakfast Nachos
Chilaquiles
Pancake on a Stick
Cinnamon Toast Crunch Cereal Bowlpack
Cinnamon Mini Grahams
Frosted Strawberry Poptarts
Fruit
Assorted Milk