



Amherst Junior High

# BREAKFAST MENU

2022-2023

**Breakfast Price of \$2.35**

Includes choice of 3 or 4 components:  
Grains or Grain+Protein, Fruit and Milk.

**Reduced Price Breakfast  
Costs \$0.30 for those who qualify**

Breakfast available from 7:10am-7:25am\_

## AVAILABLE EACH WEEK

MON	TUE	WED	THURSDAY	FRIDAY
Choice of 1 Entree: WG Frudel%* WG Mini Cinnis* WG Pop Tart* Choice of Fruit Milk	Choice of 1 Entree: WG Crunchmania* WG Banana Bread* Breakfast Sandwich%*^ Choice of Fruit Milk	Choice of 1 Entree: WG Cereal Bar%* WG Cocoa Cherry Bar* WG Muffin* Choice of Fruit Milk	Choice of 1 Entree: WG Banana Bread* WG Doughnut*% WG Pop Tart* Choice of Fruit Milk	Choice of 1 Entree: WG Cocoa Cherry Bar* WG Muffin* WG Cereal Bar%* Choice of Fruit Milk

## DAILY ALTERNATE ENTRÉE CHOICES:

- Smoothies
- Banana Bread
- Pop Tarts
- Cocoa Cherry Bar
- Parfaits
- Chocolate Muffin
- Blueberry Muffins
- Doughnuts

All are whole grain, & approved for the NSBP.  
All items listed are available to purchase A la Carte.

## ALLERGENS

\* = gluten

^ = egg

% = dairy

# = may contain nuts

These are only a GUIDE.

*This institution is an equal opportunity provider.*