



High School Breakfast Menu

Breakfast is served in the school cafeteria daily.

Student Breakfast \$2.25

Adult Breakfast \$2.50.

HOT BREAKFAST MENU

Meal includes hot entrée, fruit, and/or 100% fruit juice, and milk. Students must take a fruit and/or juice to qualify for the meal price. *(Students may deny Milk)*

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Round with Yogurt	Bagel with Cream Cheese	Mini Maple Pancakes	Breakfast Sandwich (Sausage, egg and cheese)	Mini Cinnis

Menu is subject to change

DAILY BREAKFAST MENU

- Fruit and/or 100% Fruit Juice
- Milk

Must have **3-5 items** on tray, with at least one item being a fruit and/or juice to qualify for the meal pricing.

Breakfast is served in all buildings on 2-hour delays – menus may be altered to accommodate.

BENEFITS OF BREAKFAST

- Children who eat breakfast are more likely to behave better in school.
- Breakfast improves attention, problem-solving tasks, and memory.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Studies have shown that children who eat breakfast regularly are less likely to be overweight.

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