

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;">Available Daily</p> <p>4 Choices of a Free Breakfast 1-Super Bakery Breads 2- J&J Breakfast Bar 3- Kellogg's WG Pop Tart (2 pk) 4- Daily menu choice</p> <p style="text-align: center;">Menus are subject to change.</p>		1	2
<u>HS Breakfast Cycle 2022-2023</u>				
		One Free Breakfast/Student Adult Breakfast \$2.35		
<p>Week 1</p> <p>Belgian Waffle Maple33g B.Berry 33g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Tony's Turkey Breakfast Sausage Pizza 28g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Warm Cinnamon Toast Crunch Bar with Neufchatel Cheese 41g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Pillsbury WG Frudel 36g (Apple or Cherry)</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Grape or Strawberry Uncrustable Grape 32g Strawberry33g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>
<p>Week 2</p> <p>Confetti Eggo Pancakes 36g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>The Max Twisted Cinnamon Blueberry Stick 24g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Pillsbury Mini Cinnis 40g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Nature Valley Oatmeal Banana CC39g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Assorted Cereal Bowl / 44-47g Reduced Sugar</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>
"This Institution is an Equal Opportunity Provider."				
<p>Week 3</p> <p>Pillsbury Filled Crescent 37g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Tony's Turkey Breakfast Sausage Pizza 28g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p style="text-align: center;">CHEF'S CHOICE A Whole Grain Favorite served with</p> <p>Fresh Fruit or Applesauce Cups 100% Juice Milk Choice</p>	<p>Pillsbury Mini Cinnis 40g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>	<p>Grape or Strawberry Uncrustable Grape 32g Strawberry33g</p> <p>Fresh Fruit or Applesauce Cups</p> <p>100% Juice Milk Choice</p>

Juice Cups

- Apple 14g
- Orange 13g
- Grape 18g
- Punch 14g

Apple Sauce

- Plain 14g
- Cinnamon 17g
- Strawberry 17g

Raisin & Craisins

- Raisin 33g
- Ocean Spray Craisins 28g
- Amazin Raisin 25g

Milk

- 1% 11g
- Chocolate 19g