



# High School Breakfast Menu

Breakfast is served in the school cafeteria daily.

Student Breakfast \$2.25

Adult Breakfast \$2.75.

## 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
Blueberry Muffin with Yogurt	Mini Donuts	Mini Maple Pancakes	Apple Frudel	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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