



Amherst Junior High

BREAKFAST MENU

2023-2024

Breakfast Price of \$2.35

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

Reduced Price Breakfast:
No cost this year for those who qualify

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

ENTRÉE OPTIONS: (vary daily)

- Smoothies %
- Cereal Bars *
- Pop Tarts *
- Cocoa Cherry Bar *
- Frudels *%
- Yogurt Parfaits w/granola %*
- Crunchmania *
- Cereal *
- Doughnuts %*
- Variety of Muffins *^%
- Mini Cinnis *%
- Ultimate Breakfast Round *^%
- Pancake Wraps *^
- Breakfast Sandwich *^%

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.