

21 Day Breakfast Cycle menu

Grades 9 - 12

Downingtown Area School District

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Toasted Bagels W/ Toppings Yogurt Banana Diced Fruit Alt: Egg & Veggie Casserole	2 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit Alt: Veggie Burrito	3 French Toast /Syrup Low Fat Sausage 100% Fruit Juice Fruit Cup Alt: Peach Oatmeal Bake	4 Breakfast Sandwich Apple Slices 100% Fruit Juice Alt: Fresh Fruit Granola Parfait	5 Assorted Breakfast Bread Assorted Cereal Bowls Fresh Fruit Warm Fruit Crisp Alt: Mini French Toast/Syrup
6 Toasted English Muffin / Jelly / Sunbutter Cheese Stick Fresh Grapes 100% Fruit Juice Alt: Breakfast Sandwich	7 Cheese and Sausage Sandwich on Croissant Fresh Fruit 100% Fruit Juice Alt: Fresh Fruit Granola Parfait	8 Turkey Sausage and Cheese Quesadilla Sliced Apples Diced Fruit Alt: Assorted Breakfast Bread/Cheese Stick	9 Pancakes/Syrup Cheese Stick 100% Fruit Juice Fresh fruit Alt: Veggie Burrito	10 Egg & Veggie Casserole Sliced Oranges 100% Fruit Juice Alt: Pancakes/Syrup
11 Assorted Toasted Bagels W/ Cream Cheese Yogurt Banana Fruit Cup Alt: Breakfast Sandwich	12 Egg & Cheese Croissant 100% Fruit Juice Diced Fruit Alt: French Toast/Syrup	13 Apple Strudel Cheese Stick 100% Fruit Juice Fresh Fruit Alt: Egg & Sausage Pizza	14 Fiesta Bean & Cheese Burrito Sliced Apples Fresh Fruit Alt: Apple Strudel	15 Assorted Breakfast Bread Yogurt Fresh fruit 100% Juice Alt: Turkey and Cheese Quesadilla
16 Egg & Veggie Casserole Sliced Oranges Diced Fruit Alt: Fresh Fruit Granola Parfait	17 English Muffin / Jelly / Sunbutter Cheese Stick Fresh Grapes Warm Fruit Crisp Alt: Veggie Burrito	18 Pancakes/Syrup LF Sausage 100% Fruit Juice Fresh fruit Alt: Breakfast Sandwich	19 Peach Oatmeal Bake Banana Diced Fruit Alt: Egg & Sausage Pizza	20 Cheese and Sausage Sandwich on Soft English Muffin 100% Fruit Juice Fresh Fruit Alt: French Toast/Syrup
21 Assorted Toasted Bagels W/ Cream Cheese Yogurt Banana Diced Fruit Alt: Egg & Veggie Casserole		Available Daily: Choice of Muffins Choice of Cereal Bowls	Choice of 1% White or Fat-free Chocolate Milk with all Meals	

Name brand items or equivalent