

9-12 Breakfast



*High School
Breakfast Menu*
Summer 2024

Breakfast includes:
Choice of 1 Entree,
1-2 Fruits, and 1 Milk

Menu subject to change
due to item availability

Vegetarian options are
available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● RPS Closed ● No School 	<ul style="list-style-type: none"> ● Turkey Sausage Biscuit or Muffin w/Boiled Egg ● Fresh Fruit ● 100% Fruit Juice ● Assorted Mil 	<ul style="list-style-type: none"> ● Banana Bread or Cereal & Yogurt Cup ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Country Steak Biscuit or 2-Pack Pop Tart ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Mini Waffles or Cereal w/ Cheese Stick ● Chilled Pineapple ● Chilled Fruit ● Assorted Milk
<i>Week 2</i>	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● Mini Cinnis or Cereal w/ Cheese Stick ● Fresh Fruit ● Mandarin Oranges ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Sausage Breakfast Pizza or Muffin w/Boiled Egg ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Egg & Cheese Biscuit or Cereal & Yogurt Cup ● Fresh Fruit ● Applesauce Cup ● Assorted Milk 	<ul style="list-style-type: none"> ● Donut or 2-Pack Pop Tart ● Fresh Fruit ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Mini Pancakes or Cereal w/ Cheese Stick ● Fresh Fruit ● Mixed Fruit ● Assorted Milk
<i>Week 3</i>	Sep 16	Sep 17	Sep 18	Sep 19	Sep 20
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● Goody Bun or Cereal w/Cheese Stick ● Fresh Fruit ● Craisins ● Assorted Milk 	<ul style="list-style-type: none"> ● Froot Loops Waffle or Muffin w/Boiled Egg ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Egg-Cheese Eng. Muffin or Cereal & Yogurt Cup ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Biscuit or 2- Pack Pop Tart ● Fresh Fruit ● Chilled Fruit Assorted Milk 	<ul style="list-style-type: none"> ● Mini French Toast or Cereal w/ Cheese Stick ● Fresh Fruit ● Tropical Fruit ● Assorted Milk

Alternative Daily Entree Option

- Fruit & Yogurt Smoothie w/ Cereal Bar or Graham Shapes offered daily at Armstrong, Huguenot, John Marshall, RHSA, and TJ

Nutrition Bites