

9-12 Breakfast



*High School
Breakfast Menu*
Fall 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>	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> No Students Professional Learning Day 	<ul style="list-style-type: none"> Mini Creamy Cheese Bagels or Muffin w/Boiled Egg Fresh Fruit 100% Fruit Juice Assorted Milk 	<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>	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
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% Fruit 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>	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
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 on Croissant 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

- October is National Farm to School Month!
- Get involved with the National Farm to School Network!
<https://www.farmtoschool.org/get-involved>