

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>	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Turkey Sausage Biscuit or Cereal w/ Cheese Stick Fresh Fruit Chilled Peaches Assorted Milk 	<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"> <i>Thanksgiving Break</i> <i>RPS Closed</i> 	<ul style="list-style-type: none"> <i>Thanksgiving Break</i> <i>RPS Closed</i> 	<ul style="list-style-type: none"> <i>Thanksgiving Break</i> <i>RPS Closed</i>
<i>Week 2</i>	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6
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>	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13
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

Celebrate the season with sweet potatoes, Virginia's harvest of the month! Packed with fiber, vitamins A and C, and a natural hint of sweetness, they're a delicious addition to your plate. Look for these nutrient-packed root veggies at your local farmer's market or store this season!