# BREAKFAST MENU

Uside High School

# LIGHT & TASTY

### Fresh Seasonal Berry Parfait 🌾

voplait vanilla vogurt® served with organic. california grown blueberries and strawberries paired with crunchy nature valley granola<sup>™</sup>

### **Energy Packed Benefit Bars**

banana

oatmeal raisin cinnamon toast apple cinnamon chocolate chip

### Assorted Whole Grain Cereal 🌾

\*all cereals served with string cheese lucky charms apple jacks frosted flakes honey nut cheerios cinnamon chex

Warm Crumhle Cake soft cake with sweet crumb topping

Whole Grain Bagels 🌾 choice of: blueberry or white wheat served with cream cheese

### Muffins 🌾

choice of: blueberry, banana, or chocolate chip

Menu subject to change \*This institution is an qual opportunity provider and employer"

Sweet Cinnamon Roll

sweet baked dough with a cinnamon sugar filling

# **HEALTHY & HEARTY**

#### Housemade Breakfast Burrito 🌾

cage free scrambled eggs with ham bits, shredded cheese, crispy tater tots, and lean turkey bacon in a whole grain flour tortilla

### **Power Breakfast Bowl**

cage free scrambled eggs, crispy tater tots, and lean turkey bacon

### Breakfast Sandwich 🌾

turkey bacon, egg patty, and sliced cheddar cheese in a whole wheat english muffin

# DRINKS

Local Milk Options: (Driftwood Dairy)

1% White Milk Non-Fat Chocolate or White Milk Lactose Free Milk

**Tues/Thurs Only:** Apple Juice and Orange Juice

### FRUITS

Farm to School Local, Organic Fruits

> Oranges Watermelon and More!

**Old Grove Orange Farms Redlands**, CA



illside High School



all meals include a mik and a fruit and/or vegetable

## SERVED DAILY

Smuckers Uncrustable™ crustless, soft wheat bread filled with your choice of strawberry or grape jam

# SPECIALS OF THE DAY

### MONDAY

### Panda Express\*

signature american chinese entree

\*This item is prepared and cooked in a restaurant that also serves tree nuts and shellfish

### THURSDAY

**Chicken Chunks** tender, flaky chicken chunks

### DRINKS

<u>Local Milk Options:</u> (Driftwood Dairy) 1% White Milk Non-Fat Chocolate or White Milk Lactose Free Milk

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### TUESDAY

#### Asado Chicken Bowl

grilled asado chicken with roasted corn, black beans, and cilantro lime rice

### WEDNESDAY

Hot Pizza Delivery

choice of pepperoni or cheese

### FRIDAY

#### **Bacon Cheeseburgers**

grass fed California ground beef patty paired with cheddar cheese and turkey bacon on a whole grain corn dusted knotted bun

### FRUITS

Farm to School Organic Fruits Local (Old Grove Orange Farms -Redlands, CA) Oranges Watermelon and More!