



BOWLING GREEN CITY SCHOOLS BREAKFAST MENU SY 2024-2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHOLE GRAIN WAFFLES SERVED WITH SYRUP OR WHOLE GRAIN MUFFIN & YOGURT	WHOLE GRAIN FRENCH TOAST SERVED WITH SYRUP OR WHOLE GRAIN CEREAL BOWL & CHEESE STICK	WHOLE GRAIN MINI PANCAKES SERVED WITH SYRUP OR WHOLE GRAIN POPTART	MINI PULL-APART CINNAMON ROLLS OR WHOLE GRAIN PASTRY	WHOLE GRAIN PANCAKE WRAP SERVED WITH SYRUP OR WHOLE GRAIN DONUT

☛ Breakfast Grab and Go Kits available daily

☛ Breakfast offered daily

- ☛ Breakfast Includes: Whole grains &/or meat/meat alternative entree, fruit choice, fruit juice & choice of flavored or non-flavored, non-fat milk
- ☛ All students **MUST** take a fruit option to be considered a complete meal
- ☛ Breakfast menu is a weekly rotation with a daily alternative

☛ For questions/concerns please contact Tabitha Hiler-Young, Food Service Director, at thiler-young@bgcs.k12.oh.us or 419-354-0800 EXT 4040

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Student Breakfast: \$2.00
Reduced: \$0.00
Free (with approved application)
Milk: \$0.50
Adult Breakfast: \$3.00

IMPORTANT INFORMATION:

- ☛ Free and Reduced-priced meals application are available on-line at PaySchoolsCentral.com or can be obtained in any school/district office.

ALLERGEN INFORMATION:

- ☛ The following major food allergens are used as ingredients: milk, egg, fish, tree nuts, peanuts, wheat, soy, and sesame. Please notify a food employee for more information about these ingredients.

MENU IS SUBJECT TO CHANGE

OFFER vs SERVE

Food Items for School Breakfast

Choose **at least 3** including:

Grains

Meat or Meat Alternate (optional)

Milk

Fruits

Veggies (optional)

• ½ Cup of Fruits or Vegetables

• At Least 2 Other Food Items

For best nutrition, **choose all**