

9-12 Breakfast



*High School
Breakfast Menu*
Winter 2025

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>	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
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"> 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>	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
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>	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
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"> Waffle Envy 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

February's *Nutrition Bites*: Celebrate the Virginia harvest of the month—butternut squash! This vibrant vegetable is rich in vitamins A and C, fiber, and potassium, making it a heart-healthy choice. Roast it, mash it, or add it to soups and pasta dishes at home for a delicious and nutritious meal your family will enjoy!