

**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>	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Presidents' Day</li> <li>● RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>● Managers' Choice</li> </ul>	<ul style="list-style-type: none"> <li>● Managers' Choice</li> </ul>	<ul style="list-style-type: none"> <li>● Country Steak Biscuit or 2-Pack Pop Tart</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Mini Waffles or Cereal w/ Cheese Stick</li> <li>● Chilled Pineapple</li> <li>● Chilled Fruit</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Mini Cinnis or Cereal w/ Cheese Stick</li> <li>● Fresh Fruit</li> <li>● Mandarin Oranges</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey Sausage Breakfast Pizza or Muffin w/Boiled Egg</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Egg &amp; Cheese Biscuit or Cereal &amp; Yogurt Cup</li> <li>● Fresh Fruit</li> <li>● Applesauce Cup</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Donut or 2-Pack Pop Tart</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Mini Pancakes or Cereal w/ Cheese Stick</li> <li>● Fresh Fruit</li> <li>● Mixed Fruit</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Goody Bun or Cereal w/Cheese Stick</li> <li>● Fresh Fruit</li> <li>● Craisins</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Waffle Envy or Muffin w/Boiled Egg</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Egg-Cheese Eng. Muffin or Cereal &amp; Yogurt Cup</li> <li>● Fresh Fruit</li> <li>● Chilled Pears</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Managers' Choice</li> </ul>	<ul style="list-style-type: none"> <li>● Managers' Choice</li> </ul>

*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*

March's *Nutrition Bites*: Kale is the Virginia harvest of the month! Packed with vitamins A, C, and K, plus fiber and antioxidants, it's a superfood that supports strong bones and a healthy immune system. Try adding kale to smoothies, salads, or crispy kale chips at home for a tasty, nutritious snack!