

BREAKFAST



MENU

CAPITAL HIGH

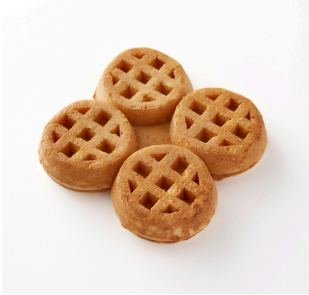
FREE FOR STUDENTS

8:30-9:30am in the Cafeteria

MONDAY

MINI WAFFLES

Maple flavored baked in making it easy for on-the-go



STRING CHEESE

WEDNESDAY

PANCAKE ON A STICK

Jimmy Dean turkey sausage wrapped in delicious pancake batter



STRING CHEESE

DAILY OFFERINGS

CEREAL VARIETY

Cinnamon Toast Crunch, Cinnamon Chex, and Cheerios

BAGEL FLAVORS

Plain and Cinnamon Raisin served with Cream Cheese

FRUIT OPTIONS

Apple Juice, Orange Juice, Applesauce, Bananas, Fresh Oranges, and Apples

MILK

All breakfast meals come with the option of chocolate or unflavored milk

FRIDAY

CHOCOLATE MUFFIN

Rich double chocolate muffin loaded with chocolate chips.

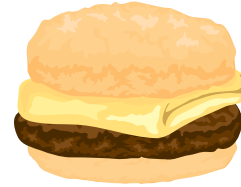


STRING CHEESE

TUESDAY

CHICKEN SAUSAGE & EGG BISCUIT

Egg patty and chicken sausage patty on a buttermilk biscuit



STRAWBERRY YOGURT

THURSDAY

SAUSAGE AND CHEESE SANDWICH

Chicken sausage patty and slice of cheddar cheese between a bagel



STRAWBERRY YOGURT

Visit SchoolCafe.com/MMSD for allergen information

This institution is an equal opportunity provider.