

9-12 Breakfast



*High School
Breakfast Menu*
Spring 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>	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
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>	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
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>	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
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"> Mini Cinnis 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

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!