

**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 31	Apr 1	Apr 2	Apr 3	Apr 4
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Spring Break</li> <li>● RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>● Spring Break</li> <li>● RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>● Spring Break</li> <li>● RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>● Spring Break</li> <li>● RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>● Spring Break</li> <li>● RPS Closed</li> </ul>
<i>Week 2</i>	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11
<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>	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18
<b>Entree</b> <b>Fruit</b> (Choose 1-2) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Beef Country Breakfast Pizza 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>● Mini Waffles 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>● Chicken 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 French Toast or Cereal w/ Cheese Stick</li> <li>● Fresh Fruit</li> <li>● Tropical Fruit</li> <li>● Assorted Milk</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*

April's *Nutrition Bites*: Lettuce is the Virginia harvest of the month! This crunchy green is full of water, fiber, and vitamin K to help keep you hydrated and support healthy bones. Toss it into salads, wraps, or sandwiches at home for a fresh and healthy boost!