

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>	Apr 21	Apr 22	Apr 23	Apr 24	Apr 25
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>	Apr 28	Apr 29	Apr 30	May 1	May 2
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>	May 5	May 6	May 7	May 8	May 9
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> Lemon Bread Slice 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"> Country Steak Biscuit 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

May's Nutrition Bites: Sweet and juicy strawberries are the Virginia harvest of the month! They're packed with vitamin C, fiber, and antioxidants that help keep your heart healthy and your immune system strong. Enjoy them fresh, blended into smoothies, or sliced over yogurt for a tasty treat at home!