



BOWLING GREEN CITY SCHOOLS BREAKFAST MENU SY 2025-2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Waffles Served with Syrup Or Whole Grain Muffin with Yogurt	Sausage, Cheese and Gravy Breakfast Bites or Whole Grain Cereal Bowl with Cheese Stick	Tony's Turkey Sausage, Egg and Cheese Breakfast Sandwich Or Whole Grain Pop tarts	Whole Grain French Toast Served with Syrup Or Mini Pull-apart Cinnamon Rolls	WHOLE GRAIN MINI PANCAKES SERVED WITH SYRUP OR Whole Grain Donut

🐾 Breakfast Grab and Go Kits available daily

🐾 Breakfast offered daily (No breakfast on 2-hour delays)

- 🐾 Breakfast Includes: Whole grains &/or meat/meat alternative entree, fruit choice (Fruit options listed on District Website), fruit juice & choice of flavored or non-flavored, non-fat milk
- 🐾 All students **MUST** take ½ cup of fruit option to be considered a complete meal
- 🐾 Breakfast menu is a weekly rotation with a daily alternative

🐾 For questions/concerns please contact Tabitha Hiler-Young, Food Service Director, at thiler-young@bgcs.k12.oh.us or 419-354-0800 EXT 4040

USDA is an equal opportunity provider, employer, and lender.

Student Breakfast: \$2.10
Reduced: \$0.00
Free (with approved application)
Milk: \$0.50
Adult Breakfast: \$3.00

IMPORTANT INFORMATION:

🐾 Free and Reduced-priced meals application are available on-line at PaySchoolsCentral.com or can be obtained in any school/district office.

ALLERGEN INFORMATION:

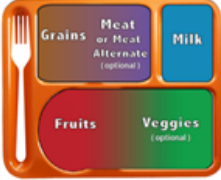
🐾 The following major food allergens are used as ingredients: milk, egg, fish, tree nuts, peanuts, wheat, soy, and sesame. Please notify a food employee for more information about these ingredients.

MENU IS SUBJECT TO CHANGE

OFFER vs SERVE

Food Items for School Breakfast

Choose **at least 3** including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, *choose all*