



High School Breakfast Menu 9th to 12th

DEC

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins (Blueberry,Chocolate,
Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or But-
ter
Assorted Fresh Fruit

2

WG Pancake w/ Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

3

English Muffin, Roasted Potatoes
Scrambled Eggs, Turkey Bacon
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

4

Blueberry Waffle w/ Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

5

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

Choice of Milk Daily: 1% White, Fat Free White, Fat Free Chocolate
100% Fruit Juice Offered Daily

8

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

9

WG Waffle w/Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

10

English Muffin, Roasted Potatoes
Scrambled Eggs, Turkey Bacon
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

11

WG French Toast w/Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

12

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

Choice of Milk Daily: 1% White, Fat Free White, Fat Free Chocolate
100% Fruit Juice Offered Daily

15

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

16

WG French Toast w/ Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

17

English Muffin, Roasted Potatoes
Scrambled Eggs, Turkey Bacon
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

18

WG Pancakes w/Syrup
Cinnamon Oatmeal
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w / Cream Cheese or
Butter
Assorted Fresh Fruit

19

English Muffin, Tater Tots
Scrambled Eggs, Turkey Sausage
Patty
Yogurt Parfait w/Fresh Fruit & Granola
Assorted Muffins
(Blueberry,Chocolate,Banana)
Assorted Cereal w/ Cheese Stick
WG Bagel w/ Cream Cheese or
Butter
Assorted Fresh Fruit

Choice of Milk Daily: 1% White, Fat Free White, Fat Free Chocolate
100% Fruit Juice Offered Daily

22

Winter Recess
(District Closed)

23

Winter Recess
(District Closed)

24

Winter Recess
(District Closed)

25

Winter Recess
(District Closed)

26

Winter Recess
(District Closed)

Choice of Milk Daily: 1% White, Fat Free White, Fat Free Chocolate
100% Fruit Juice Offered Daily

29

Winter Recess
(District Closed)

30

Winter Recess
(District Closed)

31

Winter Recess
(District Closed)