

Breakfast Menu Secondary

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Week 1	Week 1	Week 1	Week 1
Dutch Waffle or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breaded Chicken Biscuit Sandwich or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Berry Yogurt Parfait or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage N Cheese Bagel or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	WG Donut or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk
Week 2	Week 2	Week 2	Week 2	Week 2
French Toast Sticks or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Burrito or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg N Cheese Sandwich or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Fresh Baked Cinnamon Roll or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	WG Donut or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk
Week 3	Week 3	Week 3	Week 3	Week 3
Breakfast Pizza or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Biscuits N Gravy or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancakes or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Steak N Cheese Bagel or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	WG Donut or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk
Week 4	Week 4	Week 4	Week 4	Week 4
Breakfast Quesadilla or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Berry Yogurt Parfait or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage N Cheese Bagel or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk	WG Donut or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk
Week 5	Week 5	Week 5	Week 5	Week 5
Breakfast Pizza or Assorted Cereals, Cereal Bar Apple Juice & Assorted Fresh or Canned Fruit Choice of Milk				

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup)
AND
Choice of Milk to include - 1% white, fat-free white, chocolate Strawberry.

Fruit options May include
 Fresh Apples, Oranges, Bananas
 Canned Applesauce, Peaches
 Pears.

Daily Cereal and Bar options
Cinnamon Toast Crunch
Lucky Charms
Cheerios
Cocoa Puffs

Bar Options
 Cocoa Puffs
 Golden Grahams
 Trix

* Brand or equivalent foods*