



High School BREAKFAST MENU



Available Daily:

- Bacon, Egg, & Cheese Sandwich
- WG Bagel w/ Cream Cheese or Butter
- Assorted Cold Cereal
- Assorted Cereal Bars
- Assorted Pancakes
- Assorted Pop Tarts
- Assorted WG Donuts
- WG French Toast Sticks
- Yogurt Parfait w/ Granola & Fruit
- Yogurt w/ Graham Crackers
- Fruit Smoothie

MON	TUES	WED	THURS	FRI
WG Apple Frudel Fruit & Milk ¹	WG Cinnamon Breakfast Bun Fruit & Milk ²	WG Chocolate Glazed Donut w/ Cocoa Puffs Fruit & Milk ³	WG Maple Pancake Puffs Fruit & Milk ⁴	Egg & Cheese Croissant Melt Fruit & Milk ⁵
WG Apple Frudel Fruit & Milk ⁸	WG Cinnamon Breakfast Bun Fruit & Milk ⁹	WG Vanilla Glazed Donut w/ Lucky Charms Fruit & Milk ¹⁰	WG Confetti Pancakes Fruit & Milk ¹¹	WG Chocolate Crescent Roll Fruit & Milk ¹²
Sausage Pancake Breakfast Sandwich Fruit & Milk ¹⁵	WG Mini Cinnamon Rolls Fruit & Milk ¹⁶	Egg & Cheese WG English Muffin Melt Fruit & Milk ¹⁷	Fresh Baked Blueberry or Chocolate Chip Muffin Top Fruit & Milk ¹⁸	Juneteenth Schools Closed ¹⁹
Egg & Cheese Croissant Melt Fruit & Milk ²²	WG Chocolate Glazed Donut w/ Cocoa Puffs Fruit & Milk ²³	WG Confetti Pancakes Fruit & Milk ²⁴	WG Apple Frudel Fruit & Milk ²⁵	Mini Strawberry Pancake Puffs Fruit & Milk ²⁶

Powering potential.



Breakfast Price:
Students – No cost
Adults \$3.49 + tax

Menus are subject to change.



All Breakfasts MUST Include Choice of:
Fresh Fruits (Apples, Oranges and Bananas) and 100% Fruit Juice
And May Include:
1% White Milk, Fat-Free White Milk or Fat-Free Chocolate Milk (all Antibiotic and Hormone Free) All Breads, Bagels, Muffins are Whole Grain



This institution is an equal opportunity provider.



High School LUNCH MENU



MON	TUES	WED	THURS	FRI
Baked Ziti Plain or w/ Grilled Chicken WG Garlic Breadstick Roasted Corn Fresh Pears ¹	Brunch for Lunch WG Dutch Waffle w/ Syrup & Chicken Sausage Roasted Cauliflower Ripe Banana ²	Homemade Mac & Cheese w/ Buffalo Popcorn Chicken Celery Sticks Ripe banana ³	Quesadilla Cheese (V) or Beef w/ Salsa & Sour Cream Roasted Red Potatoes Whole Orange ⁴	BBQ Chicken Meatball Sub Melt w/ Baked French Fries Whole Apple ⁵
Honey Stung Popcorn Chicken w/ WG Biscuit Mashed Potato Fresh Pears ⁸	Regents Exam Bag Lunches Available ⁹	Regents Exam Bag Lunches Available ¹⁰	Jerk Chicken Rice & Beans Steamed Veggies Plantains Ripe Banana ¹¹	WG Mozzarella Sticks w/Marinara Dipping Sauce Spinach Salad Whole Apple ¹²
BBQ Pulled Pork Sliders Baked French Fries Fresh Pears ¹⁵	Arroz Con Pollo w/ Chicken Drumstick & Yellow Rice Romaine Salad Whole Orange ¹⁶	Regents Exam Bag Lunches Available ¹⁷	Regents Exam Bag Lunches Available ¹⁸	Juneteenth Schools Closed ¹⁹
Regents Exam Bag Lunches Available ²²	Regents Exam Bag Lunches Available ²³	Regents Exam Bag Lunches Available ²⁴	Regents Exam Bag Lunches Available ²⁵	Regents Exam Bag Lunches Available ²⁶

- Daily Lunch Offerings:**
- o Nacho Bar
 - o Yogurt Parfait w/ Granola & Fruit
 - o Cheese, Ham(P), Turkey or Tuna Sandwich/Wrap
 - o Bagel w /2 String Cheese & Yogurt
 - o Entrée salads served with a WG roll
 - o Cheese(V), Pepperoni(P) or Specialty Pizza
 - o Hamburger/Cheeseburger
 - o Spicy Chicken Sandwich
 - o Crispy Chicken Sandwich

Powering potential.



Lunch Price:
Students – No cost
Adults \$5.22 + tax

Menus are subject to change.



Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:
Meat/Meat Alternative, Bread/Grain, Fruit (includes Fruit Juice), Vegetable
Low Fat or Fat Free Milk Choice (Antibiotic and Hormone Free)
Denotes: Items with a (P) contain pork. Items with a (B) contain beef.
Items with a (V) are vegetarian
Items with WG are whole grain rich products

****One of the Choices MUST be a Fruit or Vegetable!****



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