

HIGH SCHOOL BREAKFAST - AUG & SEPT

Monday	Tuesday	Wednesday	Thursday	Friday
8/29/22	8/30/22	8/31/22	9/1/22	9/2/22
No Breakfast	Egg & Cheese Bagel Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Hot Ham & Cheese Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	No School
9/5/22	9/6/22	9/7/22	9/8/22	9/9/22
Labor Day No School	Egg & Cheese on English Muffin or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Cinni Rolls or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Hot Ham & Cheese Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/12/22	9/13/22	9/14/22	9/15/22	9/16/22
Apple Frudel or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, Egg & Cheese on on Croissant or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancake & Sausage on a Stick or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cherry Strudel or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
Belgian Waffle or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Bagel Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, Egg & Cheese Breakfast Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
Apple Struddle or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Hot Ham & Cheese Sandwich or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese on a Croissant or Variety of Grab and Go Breakfast Items Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancake & Sausage on a Stick or Variety of Grab and Go Breakfast Items Assorted 100% Fruit 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
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes
 Graham Crackers

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

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