

## Fountain Hills Breakfast Menu for September 2019



**Don't Forget Breakfast!**

**Students MUST Select at Least 3 Items for Breakfast.  
One of The 3 Items MUST Be A Fruit.  
All Breakfast Entrees Count as Two items.**

Breakfast Prices  
Student Reduced \$.30  
Student's \$1.60  
Adult \$1.75

**ALL FRESH FRUIT IS A CLEAN PRODUCT**




**WE SERVE FRUIT WITH ALL MEALS**



**WE OFFER FAT FREE, 1% OR  
CHOCOLATE FAT FREE MILK WITH ALL MEALS  
Fat Free White and Chocolate and 1% White Milk offered daily**

### BREAKFAST MENU

Assorted Whole Grain Cereal with Toast offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day	3 Cheesy Eggs or Cereal-Bar-String Cheese Apple Juice	4 Turkey Ham & Cheese Biscuit Or Chocolate Chip Ultimate Breakfast Round Fresh Banana	5 WG Breakfast PIZZA Or Cinni Minis Fresh Orange Wedges	6 Turkey Sausage & Cheese Sandwich Or on English Muffin Cereal Bar & Cheese Orange Juice
9 Waffles w/ Turkey Sausage OR Trix Yogurt w/ Graham Crackers Fresh Orange Wedges	10 Whole Grain Crust Sausage Breakfast Pizza OR Chocolate Chip Ultimate Breakfast Apple Juice	11 Pancakes w/ Turkey Sausage OR Cinni Minnis Chilled Applesauce	12 Pancake on a Stick or Trix Yogurt w/ Graham Crackers Chilled Peaches	13 Breakfast Burrito OR Cereal Bar w/ String Cheese Fresh Apple <u>Lucky Tray Day</u>
16 Turkey Sausage on a Biscuit OR Trix Yogurt & Graham Crackers Banana	17 Cheesy Eggs OR Cereal Bar w/ String Cheese Apple Juice	18 Pancakes & Turkey Sausage OR Chocolate Chip Ultimate Breakfast Round Fresh Apple	19 Egg O' Muffin OR Cereal Bar w/ String Cheese Chilled Pears	20 Whole Grain Breakfast Pizza OR Cinni Minnis Orange Juice
23 Waffles w/ Turkey Sausage OR Cereal Bar w/ String Cheese Fresh Apple	24 Breakfast Burrito OR Trix Yogurt & Graham Crackers Apple Juice	25 Whole Grain Crust Breakfast Pizza OR Cinni Minnis Fresh Banana	26 Double Berry Parfait OR Cheesy Eggs & Toast Fresh Orange Smiles 	27 Bagel Sausage & Cheese OR Chocolate Chip Ultimate Breakfast Orange Juice
30 Pancakes w/ Turkey Sausage OR Trix Yogurt & Graham Crackers Fresh Apple	10/1 Breakfast Burritos OR Cereal Bar w/ String Cheese Apple Juice	10/2 Turkey Ham & Cheese Biscuit OR Oat Meal Choc Chip Ultimate Breakfast Bar Fresh Fruit	10/3 WG Breakfast PIZZA Or Cinni Minis Fresh Orange Wedges	10/4 Turkey Sausage & Cheese English Muffin OR Cereal Bar w/ String Cheese Orange Juice

### Strawberry Watermelon Popsicles

- 3 heaping cups cubed watermelon
- 1 heaping cup strawberries (fresh or frozen)
- zest and juice of 1 lime

Place all ingredients in a blender and puree until completely smooth. Pour into [popsicle molds](#) and freeze 3-4 hours, or until very solid.



**“This institution is an equal opportunity provider.”**



Menu subject to change without notice  
\*Product contains pork